

Bahamian Tuna and Grits



MEDAVIE



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Recipe makes: 4 servings ($\frac{1}{4}$ of recipe per serving)

Preparation time: 20 minutes

Cook time: 20 minutes

Equipment: one sharp knife, one cutting board, one can opener, one set of measuring cups, one set of measuring spoons, one medium mixing bowl, one fork, one medium saucepan, one wooden spoon or rubber spatula, one stove or hotplate, four serving plates

What you need to make this recipe:

- 2 170 g (6 oz) cans of tuna in water, drained
- $\frac{1}{2}$ small yellow Spanish onion, diced
- $\frac{1}{3}$ habanero pepper, diced (optional)
- 4 tablespoons low-fat mayonnaise
- Juice from 1 lime
- $\frac{3}{4}$ teaspoon yellow mustard
- $\frac{1}{2}$ teaspoon + $\frac{3}{4}$ teaspoon salt (optional)
- $\frac{1}{4}$ teaspoon ground black pepper
- 4 cups water
- $\frac{3}{4}$ cup yellow grits or coarse corn meal
- 1 tablespoon butter

How to make Bahamian Tuna and Grits:

1. Put the tuna, onion, and habanero pepper in a medium mixing bowl. Using a fork, mix until combined.
2. Add the mayonnaise, lime juice, mustard, $\frac{1}{2}$ teaspoon salt, and pepper to the tuna mixture. Using a fork, mix until combined.
3. Put the tuna mixture in the fridge.
4. Put the water in a medium saucepan.
5. Put the saucepan on the stove or hotplate and turn the heat on to high. Bring the water to a boil.
6. When the water is boiling, slowly add the grits to the boiling water.
7. Using a wooden spoon or rubber spatula, stir the grits.
8. Add $\frac{3}{4}$ teaspoon of salt to the grits and stir the grits.
9. Turn the heat down to low and cook the grits for 20 minutes or until most of the water is absorbed. Stir the grits every 5 minutes while they are cooking.
10. When the grits are done cooking, take them off the stove or hotplate.
11. Put $\frac{1}{4}$ of the grits on a serving plate and top with $\frac{1}{4}$ of the tuna mixture. Repeat until all the grits and tuna mixture are used.
12. Serve the tuna and grits with sliced avocado, if desired.

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Nutrition Facts	
Per 1 serving (¼ of recipe)	
Calories	% Daily Value*
290	
Fat 9 g	12 %
Saturated 3 g	6 %
+ Trans 0.2 g	16 %
Carbohydrate 27 g	
Fibre 1 g	4 %
Sugars 2 g	2 %
Protein 24 g	
Cholesterol 40 mg	
Sodium 590 mg	26 %
Potassium 250 mg	5 %
Calcium 30 mg	2 %
Iron 1.75 mg	10 %
5% or less is a little , 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Maximum	

Allergy information:

Contains milk.

May contain wheat and gluten.

About this recipe:

In the Bahamas, chili peppers are often used to give food a spicy flavour. Capsaicin is a plant chemical found in chili peppers and is what gives them their spicy flavour or “heat”. The habanero pepper is one type of chili pepper, and it has a similar flavour to the scotch bonnet pepper and goat pepper.

Flavour is not the only reason that habanero peppers are used in this recipe. Habanero peppers, onion, and lime juice can help slow the growth of bacteria. This was important in the Bahamas before fridges were used, since it is always hot. The temperature is rarely below 17°C (63°F)!

Grits are another staple in the Bahamian diet and can be found at every grocery store in the Bahamas. They are a popular breakfast because they are cheap and nutritious. Grits contain carbohydrates, which are the main source of energy for our brain and body. Getting enough carbohydrates in our diet can help us stay full between meals and have energy to do the things we love.

Substitutions:

To make this recipe milk-free, use a milk-free butter or margarine.

To make this recipe wheat and gluten-free, use certified gluten-free grits or cornmeal.

Storage information:

Store the cooked grits and tuna mixture in separate airtight containers in the fridge for up to 3 days.