

Tuna Taters

4 large Baking Potatoes
2 - 6oz cans of Tuna
1/2 c of Ranch Dressing
Milk or Soy Milk
1c plus 1/3c of shredded Cheddar Cheese
2 chopped Green Onions
1 T dried Dill Weed
1 t Paprika
1 t ground Black Pepper
1/2 T salt
2 T Sesame Oil
2 t Liquid Smoke
2 T Lemon juice
1/2 T Hot Pepper sauce

1. Scrub potatoes and bake at 400F until soft when squeezed (45-60 min)
2. In a large bowl mix the tuna (drained), Ranch, and 1c of the cheese
3. Add the green onions, dill, paprika, salt and pepper, sesame oil, Liquid Smoke, lemon juice, and pepper sauce to the fish mixture and mix well.
4. When potatoes are done cut a thick slice from the top of each potato and remove pulp leaving about 1/4" in the shell
5. Mash the pulp and stir approximately 75% of it to the fish mixture, add a little milk and mix to get a good mash potato consistency. (The remaining potato pulp is reserved for other use)
6. Fill the potato shells with the mixture, put a dollop on each of the 4 slices previously removed, topp all with the remaining cheese.
7. Return to the oven and bake at 400F for 15-20 minutes until the tops are crisp.

These Tuna Taters can be a meal in themselves!