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### SALAD VALENCIA

Makes 6 servings

- 1 quart bite-size pieces romaine lettuce
- 1 can (11 ounces) mandarin oranges, drained
- ½ cup pitted ripe olives, halved (optional)
- 1 cup thinly sliced fresh zucchini
- 1 avocado, peeled and sliced
- 1 can (2.8 ounces) Durkee French Fried Onions

*Valencia Dressing*

Makes about 1¾ cups

- 1 can (6 ounces) frozen orange juice concentrate, thawed
- ¾ cup vegetable oil
- ¼ cup vinegar
- 3 tablespoons sugar
- 2 teaspoons Durkee Red Hot™ Cayenne Pepper Sauce
- ½ teaspoon ground mustard
- ¼ teaspoon salt (optional)

Mix all ingredients well. Refrigerate remaining dressing.

In a large salad bowl, combine all ingredients, except French Fried Onions and Valencia Dressing. Just before serving, add ½ can French Fried Onions and ¼ cup dressing; toss gently. Garnish with remaining onions; serve immediately.

### CRISP ’N COOL SUMMER SALAD

Makes 6 servings

- 2 cups (7 ounces) elbow macaroni, uncooked
- 1 package (10 ounces) frozen peas, thawed
- 1 cup chopped celery
- 1 can (6½ ounces) tuna*, drained and flaked
- ¼ cup chopped pimiento
- ½ cup each mayonnaise and sour cream (or cholesterol free mayonnaise and light sour cream)
- ½ teaspoon seasoned salt (or light seasoned salt)
- 1 can (2.8 ounces) Durkee French Fried Onions


*packed in water

### CRUNCHY SPINACH SALAD IMPERIAL

Makes 6 to 8 servings

- 2 quarts bite-size pieces fresh spinach
- 4 slices bacon, fried crisp and crumbled (or ¼ cup Durkee Bacon Chips)
- 1 large carrot, peeled and sliced
- 4 slices processed white American or Swiss cheese, cut into small squares (or reduced cholesterol cheese)
- 1 can (2.8 ounces) Durkee French Fried Onions
- ½ cup Italian salad dressing (or fat free or light salad dressing)

In a large salad bowl, combine all ingredients except the French Fried Onions and salad dressing. Chill thoroughly. Just before serving, add ½ can French Fried Onions and salad dressing; toss gently. Garnish with remaining onions; serve immediately.
TWICE STUFFED POTATOES
Makes 8 servings

- 4 baked potatoes
- 1 cup sour cream (or light sour cream)
- 1 can (2.8 ounces) Durkee French Fried Onions

Cup potatoes in half lengthwise. Scoop out center leaving ½-inch of potato. Place potato shell on cookie sheet or microwave-safe dish. Combine potato with sour cream, ½ can French Fried onions and cheese; stir until well mixed. Spoon filling into potato shell; top with remaining onions. Bake, uncovered, at 350° for 5 minutes or microwave on HIGH 1 to 2 minutes or until onions are golden.

SWISS VEGETABLE MEDLEY
Makes 6 to 8 servings
Ready to bake in just 5 easy minutes

- 1 bag (16 ounces) frozen vegetable combination (broccoli, carrots, cauliflower), thawed and drained
- 1 can (10¾ ounces) condensed cream of mushroom soup (or low sodium cream of mushroom soup)
- 1 cup (4 ounces) shredded Swiss cheese (or low sodium Swiss cheese)
- ¾ cup sour cream (or light sour cream)
- ¼ teaspoon Durkee Ground Black Pepper
- 1 jar (4 ounces) diced pimiento, drained (optional)
- 1 can (2.8 ounces) Durkee French Fried Onions

In large bowl, combine vegetables, soup, ½ cup cheese, sour cream, pepper, pimiento and ½ can French Fried Onions. Pour into shallow 1-quart casserole. Bake, covered, at 350° for 30 minutes or until vegetables are done. Sprinkle remaining cheese and onions in diagonal rows across top; bake uncovered, 5 minutes or until onions are golden brown.

MICROWAVE DIRECTIONS: Prepare vegetable mixture as above; pour into shallow 1-quart microwave-safe casserole. Cook, covered, on HIGH 8 to 10 minutes or until vegetables are done. Stir vegetables halfway through cooking time. Top with remaining cheese and onions as above; cook, uncovered, 1 minute or until cheese melts. Let stand 5 minutes.

ZUCCHINI PAISANO
Makes 4 to 6 servings
Ready to bake in just 10 easy minutes

- 3 tablespoons vegetable oil
- 3 small zucchini, thinly sliced (about 3 cups)
- 2 cups sliced mushrooms
- 1 can (15 ounces) tomato sauce or tomato bits in tomato puree (or low sodium tomato sauce)
- ¾ teaspoon Durkee Sweet Basil, crumbled

1/8 teaspoon Durkee Garlic Powder
1 can (2.8 ounces) Durkee French Fried Onions
1/8 cup ricotta cheese (or part skim ricotta cheese)
1/8 cup (about 1 1/2 ounces) grated Parmesan cheese
1/4 cup milk (or skim milk)
1 egg, slightly beaten

Preheat oven to 375°. In large skillet, heat oil. Cook zucchini and mushrooms in oil until zucchini is tender-crisp, about 5 minutes; remove from heat. Stir in tomato sauce, seasonings and 1/8 can French Fried Onions. Pour into greased 1 1/2-quart casserole. In small bowl, combine ricotta and Parmesan cheeses, milk and egg; blend until smooth. Spread cheese mixture over surface of vegetables. Bake, uncovered, at 375° for 30 minutes or until cheese topping is set. Top with remaining onions; bake, uncovered, 3 minutes or until onions are golden brown.
**SIDE DISH**

**SWEET POTATO-CRANBERRY BAKE**
Makes 4 to 6 servings
Ready to bake in just 5 easy minutes

- 2 cups fresh cranberries
- 2 tablespoons packed brown sugar
- ½ cup honey

Preheat oven to 400°. In a 1½-quart casserole, layer sweet potatoes, ½ can French Fried Onions and 1 cup cranberries. Sprinkle with brown sugar; drizzle with half the honey. Top with remaining cranberries and honey. Bake, covered, at 400° for 35 minutes or until heated through. Gently stir casserole. Top with remaining onions; bake, uncovered, 1 to 3 minutes or until onions are golden brown.

**SIDE DISH**

**SAUCY GARDEN PATCH VEGETABLES**
Makes 8 to 10 servings
Ready to bake in just 7 easy minutes

- 1 can (11 ounces) condensed Cheddar cheese soup
- ½ cup sour cream (or light sour cream)
- ¼ cup milk (or skim milk)
- ½ teaspoon Durkee Seasoned Salt (or light seasoned salt)
- 1 bag (16 ounces) frozen vegetable combination (broccoli, corn, red pepper), thawed and drained

Preheat oven to 375°. In a large bowl, combine soup, sour cream, milk, seasoned salt, vegetables, ½ cup cheese and ½ can French Fried Onions. Spoon into 8x12-inch baking dish. Bake, covered, at 375° for 40 minutes or until vegetables are done. Top with remaining cheese and onions; bake, uncovered, 3 minutes or until onions are golden brown.

**MICROWAVE DIRECTIONS:** Prepare vegetable mixture as above; spoon into 8x12-inch microwave-safe dish. Cook, covered, on HIGH 10 to 12 minutes or until vegetables are done. Stir vegetables halfway through cooking time. Top with remaining cheese and onions; cook, uncovered, 1 minute or until cheese melts. Let stand 5 minutes.

**SIDE DISH**

**BACON AND ONION POTATO TOPPER**
Makes 8 servings

- 4 strips bacon, cooked and crumbled (or ¼ cup Durkee Bacon Chips)
- ½ cup (2 ounces) shredded Cheddar cheese (or reduced cholesterol cheese)

In a bowl combine bacon, cheese and onions; toss until well mixed. Spoon about ¼ cup bacon mixture on each potato half. Bake at 350° for 5 minutes or microwave on HIGH 1 to 2 minutes or until onions are golden.
**SIDE DISH**

**FESTIVE SWEET POTATO COMBO**
Makes 4 to 6 servings
Ready to bake in just 7 easy minutes

- 1 can (40 ounces) sweet potatoes, drained
- 1 can (2.8 ounces) Durkee French Fried Onions
- 1 medium apple, sliced into thin wedges
- 1 can (8 ounces) crushed pineapple, undrained (or unsweetened or packed in its own juices)
- 3 tablespoons packed brown sugar
- 1 tablespoon Durkee Ground Cinnamon

Preheat oven to 375°. In 8x12-inch baking dish, layer sweet potatoes, ½ can French Fried Onions and the apple. In small bowl, thoroughly combine pineapple, brown sugar, butter and cinnamon; pour pineapple mixture over sweet potato mixture. Bake, covered, at 375° for 30 minutes or until heated through. Top with remaining onions; bake, uncovered, 3 minutes or until onions are golden brown.

**SIDE DISH**

**HARVEST VEGETABLE SCALLOP**
Makes 6 servings
Ready to bake in just 15 easy minutes

- 4 medium carrots, thinly sliced (about 2 cups)
- 1 package (10 ounces) frozen chopped broccoli, thawed and drained
- 1 can (2.8 ounces) Durkee French Fried Onions
- 5 small red potatoes, sliced ¼ inch thick (about 2 cups)
- 1 jar (8 ounces) pasteurized processed cheese spread
- ¼ cup milk (or skim milk)
- Durkee Ground Black Pepper
- Durkee Seasoned Salt (or light seasoned salt)

Preheat oven to 375°. In 8x12-inch baking dish, combine carrots, broccoli and ½ can French Fried Onions. Tuck potato slices into vegetable mixture at an angle. Dot vegetables evenly with cheese spread. Pour milk over vegetables; sprinkle with seasonings as desired. Bake, covered, at 375° for 30 minutes or until vegetables are tender. Top with remaining onions; bake, uncovered, 3 minutes or until onions are golden brown.

**MICROWAVE DIRECTIONS:** In 8x12-inch microwave-safe dish, prepare vegetables as above. Top with cheese spread, milk and seasonings as above. Cook, covered, on HIGH 12 to 14 minutes or until vegetables are tender. Rotate dish halfway through cooking time. Top with remaining onions; cook, uncovered, 1 minute. Let stand 5 minutes.

**SIDE DISH**

**ONIONY CORN MUFFIN WEDGES**
Makes about 8 wedges

- 1 package (8½ ounces) corn muffin mix
- 1 can (2.8 ounces) Durkee French Fried Onions
- 1 cup (4 ounces) shredded Cheddar cheese (or reduced cholesterol cheese)
- ½ cup milk (or skim milk)
- 1 egg

In medium mixing bowl combine corn muffin mix, ½ can French Fried Onions, ½ cup cheese, milk and egg. Stir until just mixed. Spoon into greased 9-inch pie plate. Bake, uncovered, at 400° for 20 minutes. Top with remaining cheese and onions. Bake 1 minute longer or until onions are golden. Cut into wedges.
SIDE DISH

SUMMER VEGETABLE SAUTE
Makes 6 servings

6 cups assorted cut-up vegetables (green and yellow squash, mushrooms)  
1/4 cup butter or margarine (or reduced calorie margarine)
2 medium tomatoes, cut in eighths
1 teaspoon garlic salt (or garlic powder)
1 can (2.8 ounces) Durkee French Fried Onions

In large skillet sauté vegetables in butter until tender-crisp. Stir in tomatoes and garlic salt. Cover, simmer 3 to 5 minutes or until tomatoes are heated through. Just before serving, stir in 1/2 can French Fried Onions. Serve immediately, garnish with remaining onions.

MAIN DISH/EGGS

ZESTY ONION FRITTATA
Makes 4 to 6 servings
Ready to bake in just 8 easy minutes.

1 can (8 1/4 ounces) whole kernel corn, drained
1 can (4 ounces) chopped green chilies, drained
5 eggs, slightly beaten
1/2 cup sour cream (or light sour cream)
1/4 cup all-purpose flour
1/2 teaspoon Durkee Chili Powder
1/2 can (2.8 ounces) Durkee French Fried Onions

Preheat oven to 350°. In medium bowl, combine corn, chilies, eggs, sour cream, flour, seasonings, 1/2 cup cheese, 1/4 cup picante sauce and 1/2 can French Fried Onions. Pour into greased 10-inch round baking dish. Bake, covered, at 350° for 35 minutes or until knife inserted in center comes out clean. Pour remaining picante sauce around edge of dish. Top sauce with remaining cheese and onions; bake, uncovered, 5 minutes or until onions are golden brown. Garnish as desired.

MAIN DISH/PASTA

THREE-CHEESE MACARONI
Makes 4 to 6 main-dish servings
Ready to bake in just 12 easy minutes

3 cups macaroni, cooked in unsalted water and drained
1 can (11 ounces) condensed Cheddar cheese soup
1 cup milk
1/2 teaspoon Durkee Ground Mustard
1/2 teaspoon Durkee Seasoned Salt (optional)
1/4 teaspoon Durkee Ground Black Pepper
1/2 cup (2 ounces) shredded Swiss cheese (or low sodium cheese)
1/2 cup (2 ounces) shredded Cheddar cheese (or reduced cholesterol cheese)
1/2 cup (2 ounces) grated Parmesan cheese
1 can (2.8 ounces) Durkee French Fried Onions

Preheat oven to 350°. In 1 1/2-quart casserole, combine hot macaroni, soup, milk, seasonings, 1/4 cup each of Swiss, Cheddar and Parmesan cheese and 1/2 can French Fried Onions. Bake, covered, at 350° for 25 minutes or until heated through. Top with remaining cheeses and onions; bake, uncovered, 5 minutes or until onions are golden brown.
CASSEROLE PRIMAVERA
Makes 6 main-dish servings
Ready to bake in just 15 easy minutes
2 cups (4 ounces) spinach noodles
4 ounces linguini
1/4 cup thinly sliced zucchini
1 can (2.8 ounces) Durkee French Fried Onions
1 cup (4 ounces) shredded provolone cheese (or reduced cholesterol cheese)
1/2 cup (2 ounces) grated Parmesan cheese
2 tablespoons all-purpose flour
1 teaspoon Durkee Garlic Salt (or garlic powder)
1/2 teaspoon Durkee Italian Seasoning
2 1/2 cups milk (or skim milk)
1 chopped tomato
1/3 cup sliced pitted ripe olives (optional)
Preheat oven to 325°. In large saucepan, cook noodles and linguini according to package directions, omitting salt. Add zucchini during last 2 minutes of cooking. Drain. Return pasta and zucchini to saucepan. Toss lightly with 1/2 can French Fried Onions, the cheeses, flour, seasonings, milk, tomato and olives. Pour into 8x12-inch baking dish. Bake, covered, at 325° for 25 minutes or until heated through. Stir to blend sauce and noodles. Top with remaining onions; bake, uncovered, 5 minutes or until onions are golden brown.

RANCH-STYLE EGGS
Makes 6 servings
Ready to bake in just 5 easy minutes
6 eggs
1/2 cup (2 ounces) shredded Cheddar cheese (or reduced cholesterol cheese)
6 (6-inch) corn or flour tortillas
Shredded lettuce
1 can (14 1/2 ounces) whole tomatoes, undrained and cut up
1 can (8 ounces) tomato sauce (or low sodium tomato sauce)
1/4 teaspoon Durkee Garlic Powder
1 can (2.8 ounces) Durkee French Fried Onions
Preheat oven to 400°. In 8x12-inch baking dish, combine tomatoes, tomato sauce, garlic powder and 1/2 can French Fried Onions; stir to blend. Break eggs into tomato mixture, spacing evenly. Bake, uncovered, at 400° for 15 to 20 minutes or until eggs are cooked to desired doneness. Top eggs with cheese and remaining onions; bake, uncovered, 1 to 3 minutes or until onions are golden brown. Serve on tortillas topped with shredded lettuce.

CHEESY PASTA SWIRLS
Makes 6 servings
Ready to bake in just 15 easy minutes
4 ounces fettuccine, cooked in unsalted water and drained
1 bag (16 ounces) frozen vegetable combination cream of mushroom soup (peas, carrots, cauliflower), thawed and drained
1 cup (4 ounces) shredded mozzarella cheese (or part skim mozzarella cheese)
1/2 cup (2 ounces) cubed provolone cheese
1 can (2.8 ounces) Durkee French Fried Onions
1 can (10 ounces) condensed cream of mushroom soup (or low sodium cream of mushroom soup)
1/4 cup milk (or skim milk)
1/4 teaspoon Durkee Garlic Salt (or garlic powder)
1/2 cup (about 1 1/2 ounces) grated Parmesan cheese
Preheat oven to 350°. In 8x12-inch baking dish, combine vegetables, mozzarella, provolone and 1/2 can French Fried Onions. Twirl a few strands of hot fettuccine around long-tined fork to form a pasta swirl. Remove pasta swirl from fork; stand upright on top of vegetable mixture. Repeat process to form 5 more swirls. In medium bowl, stir together soup, milk and garlic salt; pour over pasta swirls and vegetable mixture. Bake, loosely covered, at 350° for 30 minutes or until vegetables are done. Top pasta swirls with Parmesan cheese; sprinkle remaining onions around swirls. Bake, uncovered, 5 minutes or until onions are golden brown.
**MAIN DISH/PASTA**

**FAST 'N FUN PASTA PIZZA**  
Makes 4 to 6 servings  
Ready to bake in just 15 easy minutes

- 3 cups fusilli or elbow macaroni, cooked in unsalted water and drained  
- 1 pound lean ground beef  
- 1 jar (15 1/2 ounces) spaghetti sauce  
- 2 eggs, slightly beaten  
- 1 can (2.8 ounces) Durkee French Fried Onions

Preheat oven to 375°. In medium skillet, brown ground beef; drain. Stir in spaghetti sauce; reduce heat and simmer, uncovered, 5 minutes. In medium bowl, combine hot pasta, eggs, 1/3 cup French Fried Onions and the Parmesan cheese. Spread pasta mixture over greased 12-inch pizza pan. Top with ground beef mixture and desired toppings. Bake, covered, at 375° for 25 minutes or until heated through. Top with mozzarella cheese and remaining onions; bake, uncovered, 3 minutes or until onions are golden brown. Cut into wedges to serve.

**MAIN DISH/POULTRY**

**CHICKEN AND WILD RICE**  
Makes 4 servings  
Ready to bake in just 5 easy minutes

- 1 package (6 ounces) seasoned long grain and wild rice mix  
- 1 can (2.8 ounces) Durkee French Fried Onions  
- 4 chicken breast halves  

Preheat oven to 375°. In 9x13-inch baking dish, combine uncooked rice and contents of rice seasoning packet; stir in 1/2 cup French Fried Onions. Arrange chicken on rice; pour water over all. Sprinkle chicken with seasoned salt. Bake, covered, at 375° for 40 minutes. Stir peas into rice. Bake, uncovered, 10 minutes or until chicken and peas are done. Top chicken with remaining onions; bake, uncovered, 3 minutes or until onions are golden brown.

**MAIN DISH/POULTRY**

**CALIFORNIA-STYLE CHICKEN**  
Makes 4 to 6 servings  
Ready to bake in just 15 easy minutes

- 1 can (15 ounces) tomato sauce (or low sodium tomato sauce)  
- 3 tablespoons red wine vinegar  
- ½ teaspoon Durkee Sweet Basil  
- ¼ teaspoon Durkee Garlic Powder  
- 12 small red potatoes, thinly sliced (about 3 cups)

Preheat oven to 375°. In small bowl, combine tomato sauce, vinegar and seasonings. Spread 1/2 cup tomato mixture in bottom of 9x13-inch baking dish; top with potatoes and 1 1/2 can French Fried Onions. Arrange chicken over potatoes and onions. Spoon 1 cup tomato mixture over chicken and potatoes. Bake, covered, at 375° for 35 minutes. Stir green beans into potatoes. Spoon remaining tomato mixture over chicken. Bake, covered, 10 to 15 minutes or until chicken and beans are done. Top chicken with remaining onions; bake, uncovered, 3 minutes or until onions are golden brown.
SPEEDY CHILI-MAC
Makes 4 to 6 servings
Ready to bake in just 5 easy minutes

2 cups elbow macaroni, cooked in unsalted water and drained
1 can (10 4 ounces) condensed cream of mushroom soup (or low sodium cream of mushroom soup)
1 can (15 ounces) chili without beans

Preheat oven to 350°. Return hot macaroni to saucepan; stir in soup, chili, 1/2 cup cheese and 1/2 can French Fried Onions. Spoon macaroni mixture into greased 2-quart casserole. Bake, covered, at 350° for 25 minutes or until heated through. Top with remaining cheese and onions; bake, uncovered, 5 minutes or until onions are golden brown.

MICROWAVE DIRECTIONS: Prepare macaroni mixture as above; spoon into 2-quart microwave-safe casserole. Cook, covered, on HIGH 8 to 10 minutes or until heated through, stirring mixture halfway through cooking time. Stir casserole; top with remaining cheese and onions. Cook, uncovered, 1 minute or until cheese melts. Let stand for 5 minutes.

CHICKEN AND RED RICE
Makes 4 servings
Ready to bake in just 5 easy minutes

1/2 cup uncooked regular rice
1 cup chopped green pepper
1 can (2.8 ounces) Durkee French Fried Onions
4 chicken breast halves, fat trimmed, skinned if desired
1 jar (15 1/2 ounces) spaghetti sauce with mushrooms
1 1/4 cups water

Preheat oven to 375°. In 8x12-inch baking dish, combine uncooked rice, green pepper and 1/2 can French Fried Onions. Arrange chicken breasts over rice mixture. In medium bowl, combine spaghetti sauce and water; pour over chicken and rice. Bake, covered, at 375° for 50 minutes or until chicken and rice are done. Top chicken with remaining onions; bake, uncovered, 3 minutes or until onions are golden brown.

MICROWAVE DIRECTIONS: Reduce water to 1 cup. In 8x12-inch microwave-safe dish, combine uncooked rice and water. Cook, covered, on HIGH 10 minutes, stirring rice halfway through cooking time. Stir green pepper and 1/2 can French Fried Onions into rice. Arrange chicken over rice with meatiest parts toward edges of dish. Pour spaghetti sauce over chicken and rice. Cook, covered, 10 minutes, stirring rice halfway through cooking time. Rearrange chicken and rotate dish. Cook, covered, 9 to 10 minutes or until chicken and rice are done. Stir rice halfway through cooking time. Top chicken with remaining onions; cook, uncovered, 1 minute. Let stand 5 minutes.

EASY ONION-STUFFED TURKEY ROLLS
Makes 4 servings
Ready to bake in just 15 easy minutes

1 3/4 cups water
1/4 cup butter or margarine (or reduced calorie margarine)
3/4 cups seasoned stuffing crumbs (3 cups leftover stuffing may be substituted for butter, water and stuffing crumbs. If stuffing is dry, stir in water, 1 tablespoon at a time, until moist but not wet.)
1 can (2.8 ounces) Durkee French Fried Onions
8 thin slices deli turkey breast (about 10 ounces)
1 can (10 1/4 ounces) condensed cream of chicken soup
1/2 cup milk (or skim milk)
1 package (10 ounces) frozen peas, thawed and drained

Preheat oven to 350°. In medium saucepan, heat water and butter; stir until butter melts. Remove from heat. Stir in seasoned stuffing crumbs and 1/2 can French Fried Onions. Divide stuffing equally between turkey slices; spread across 1 end of each slice. Roll up turkey slices jelly-roll style and place, seam-side down, in 2 rows of 4 in 8x12-inch baking dish. In medium bowl, combine soup, milk and peas; spoon over turkey rolls. Bake, covered, at 350° for 30 minutes or until heated through. Top turkey rolls with remaining onions; bake, uncovered, 5 minutes or until onions are golden brown.
**CRUNCHY CHICKEN ORIENTAL**

Makes 4 to 6 servings  
Ready to bake in just 5 easy minutes

2½ pounds chicken pieces, fat trimmed, skinned if desired  
1 package (6 ounces) frozen pea pods  
1 medium red or green pepper, cut into strips  
½ cup thinly sliced celery  
1 can (4 ounces) sliced water chestnuts, drained  
1 jar (2 ounces) sliced mushrooms, drained

Preheat oven to 400°. Arrange chicken in 9x13-inch baking dish. Bake, uncovered, at 400° for 30 minutes; drain. Place pea pods, red pepper, celery, water chestnuts, mushrooms and ½ can French Fried Onions around and under chicken. In small bowl, combine water, ketchup, soy sauce, ginger and garlic powder; pour over chicken and vegetables. Bake, covered, 10 minutes or until chicken is done. Top chicken with remaining onions; bake, uncovered, 1 to 3 minutes or until onions are golden brown. Serve over rice.

**CHICKEN CAZUELA**

Makes 6 to 8 servings  
Ready to bake in just 7 easy minutes

8 ounces linguini, broken in half, cooked in unsalted water and drained  
1 can (2.8 ounces) Durkee French Fried Onions  
2 cups (10 ounces) cubed cooked chicken  
1 can (10½ ounces) condensed cream of mushroom soup (or low sodium cream of mushroom soup)  
½ cup prepared chicken bouillon (or low sodium bouillon)  
1 cup (4 ounces) chopped green chilies, drained  
2 tablespoons diced pimiento  
1 cup (4 ounces) shredded Cheddar cheese (or reduced cholesterol cheese)

Preheat oven to 350°. In greased 8x12-inch baking dish, layer hot linguini, ½ can French Fried Onions and the chicken. In small bowl, combine soup, bouillon, chilies and pimiento; pour over chicken. Top with cheese. Bake, covered, at 350° for 30 minutes or until heated through. Top with remaining onions; bake, uncovered, 5 minutes or until onions are golden brown.

**CHICKEN IN FRENCH ONION SAUCE**

Makes 4 servings  
Ready to bake in just 7 easy minutes

1 package (10 ounces) frozen baby carrots, thawed and drained or 4 medium carrots, cut into strips (about 2 cups)  
2 cups sliced mushrooms  
½ cup thinly sliced celery  
1 can (2.8 ounces) Durkee French Fried Onions  
4 chicken breast halves, skinned and boned  
½ cup white wine  
¾ cup prepared chicken bouillon (or low sodium bouillon)  
½ teaspoon Durkee Garlic Salt (or garlic powder)  
¼ teaspoon Durkee Ground Black Pepper  
¼ teaspoon Durkee Paprika

Preheat oven to 375°. In 8x12-inch baking dish, combine vegetables and ½ can French Fried Onions. Arrange chicken breasts on vegetables. In small bowl, combine wine, bouillon, garlic salt and pepper; pour over chicken and vegetables. Sprinkle chicken with paprika. Bake, covered, at 375° for 35 minutes or until chicken is done. Baste chicken with wine sauce and top with remaining onions; bake, uncovered, 3 minutes or until onions are golden brown.
**ORIENTAL CHICKEN MEDLEY**

Makes 4 to 6 servings

Ready to bake in just 7 easy minutes

- 3 cups cooked unsalted regular rice (1 cup uncooked)
- 2 cups (10 ounces) cubed cooked chicken
- 1 medium green pepper, cut into strips
- 1 can (10 1/4 ounces) condensed cream of mushroom soup (or low sodium cream of mushroom soup)

Preheat oven to 350°. To hot rice in saucepan, add chicken, green pepper, soup, water, soy sauce, pimento, ginger and 1/2 can French Fried Onions; stir well. Pour into 2-quart casserole. Bake, uncovered, at 350° for 40 minutes or until heated through. Top with remaining onions; bake, uncovered, 5 minutes or until onions are golden brown.

**MICROWAVE DIRECTIONS:** Prepare rice mixture as above; pour into 8x12-inch microwave-safe dish. Cook, covered, on HIGH 10 to 15 minutes or until heated through. Stir casserole halfway through cooking time. Top with remaining onions; cook, uncovered, 1 minute. Let stand 5 minutes.

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**ZESTY CHICKEN & RICE**

Makes 4 servings

Ready to bake in just 7 easy minutes

- 1/2 cup uncooked regular rice
- 1 can (2.8 ounces) Durkee French Fried Onions
- 1/2 teaspoon Durkee Italian Seasoning
- 1 1/4 cups prepared chicken bouillon (or low sodium bouillon)
- 4 chicken breast halves, fat trimmed, skinned if desired
- 1/2 cup bottled Italian salad dressing (or fat free or light salad dressing)
- 1 bag (16 ounces) frozen vegetable combination (broccoli, carrots, water chestnuts, red pepper)

Preheat oven to 400°. In 9x13-inch baking dish, combine uncooked rice, 1/2 can French Fried Onions and the Italian seasoning. Pour bouillon over rice mixture. Arrange chicken breasts on top; pour salad dressing over chicken. Bake, covered, at 400° for 30 minutes. Place vegetables around chicken, covering rice. Bake, uncovered, 20 to 25 minutes or until chicken and rice are done. Top chicken with remaining onions; bake, uncovered, 1 to 3 minutes or until onions are golden brown.

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**ITALIAN ANTIPASTO BAKE**

Makes 4 to 6 servings

Ready to bake in just 10 easy minutes

- 2 cups rotini or elbow macaroni, cooked in unsalted water and drained
- 1 bag (16 ounces) frozen vegetable combination (broccoli, water chestnuts, red pepper), thawed and drained
- 2 chicken breast halves, skinned, boned and cut into strips
- 3/4 cup bottled Italian salad dressing (or fat free or light salad dressing)
- 1/2 cup drained garbanzo beans (optional)
- 1/4 cup sliced pitted olives (optional)
- 1/4 cup (1 ounce) grated Parmesan cheese
- 1/2 teaspoon Durkee Italian Seasoning
- 1 cup (4 ounces) shredded mozzarella cheese (or part skim mozzarella cheese)
- 1 can (2.8 ounces) Durkee French Fried Onions
- 1/2 cup chopped pitted olives (optional)
- 1/4 cup grated Parmesan cheese (optional)
- 1/4 cup minced onion (optional)
- 1/4 cup chopped pimiento (optional)
- 1/4 cup diced green pepper (optional)
- 1/4 cup grated Parmesan cheese (optional)
- 1/4 cup chopped pimento (optional)
- 1/4 cup chopped green pepper (optional)

Preheat oven to 350°. In 9x13-inch baking dish, combine hot pasta, vegetables, chicken, salad dressing, garbanzo beans, olives, Parmesan cheese and Italian seasoning. Stir in 1/2 cup mozzarella cheese and 1/2 can French Fried Onions. Bake, covered, at 350° for 35 minutes or until chicken is done. Top with remaining mozzarella cheese and onions; bake, uncovered, 5 minutes or until onions are golden brown.
MINI MEAT LOAVES & VEGETABLES
Makes 6 servings
Ready to bake in just 10 easy minutes

1 1/2 pounds lean ground beef
1 egg
1 can (8 ounces) tomato sauce (or low sodium tomato sauce)
1 can (2.8 ounces) Durkee French Fried Onions
1/2 teaspoon salt
1/2 teaspoon Durkee Italian Seasoning

Small red potatoes, thinly sliced (about 1 1/2 cups)
1 bag (16 ounces) frozen vegetable combination (broccoli, corn, red pepper), thawed and drained
Salt (optional)
Durkee Ground Black Pepper

Preheat oven to 375°. In medium bowl, combine ground beef, egg, 1/2 can tomato sauce, 1/2 can French Fried Onions, 1/2 teaspoon salt and Italian seasoning. Shape into 3 mini loaves and place in 9x13-inch baking dish. Arrange potatoes around loaves. Bake, covered, at 375° for 35 minutes. Spoon vegetables around meat loaves; stir to combine with potatoes. Lightly season vegetables with salt and pepper, if desired. Top meat loaves with remaining tomato sauce. Bake, uncovered, 15 minutes or until meat loaves are done. Top loaves with remaining onions; bake, uncovered, 3 minutes or until onions are golden brown.

MAIN DISH/BEEF
Giant Stuffed Pepper
Makes 4 servings
Ready to bake in just 15 easy minutes

1 cup cooked unsalted regular rice (1/2 cup uncooked)
2 large or 3 medium green peppers
1 pound lean ground beef
1 can (10 ounces) condensed tomato soup (or low sodium tomato soup)

2 teaspoons French’s® Worcestershire Sauce
1/2 teaspoon Durkee Ground Black Pepper
1/4 cup (3 ounces) shredded Swiss cheese (or low sodium cheese)
1 can (2.8 ounces) Durkee French Fried Onions

Preheat oven to 375°. In medium saucepan, bring 1 quart water to a boil. Remove tops and seeds from green peppers; cut lengthwise into quarters. Cook pepper quarters in boiling water for 4 to 5 minutes or until tender-crisp; drain. Arrange pepper quarters around sides of 1 1/2-quart casserole, forming a shell. In large skillet, brown ground beef; drain. Stir in soup, hot rice, Worcestershire sauce, black pepper, 1/2 cup cheese and 1/2 can French Fried Onions. Spoon meat mixture into green pepper-lined casserole. Bake, covered, at 375° for 35 minutes or until heated through. Top with remaining cheese and onions; bake, uncovered, 3 minutes or until onions are golden brown.

MAIN DISH/BEEF
All American Cheesburger
Makes 4 servings

1 pound lean ground beef
1 tablespoon French’s® Classic Yellow Mustard
1 tablespoon Worcestershire Sauce
1 can (2.8 ounces) Durkee French Fried Onions
1 tablespoon processed cheese spread
4 hamburger rolls

1/2 cup French’s® French Fried Onions

Combine ground beef, Worcestershire sauce and 1/2 can French Fried Onions. Form into 4 burgers; broil or grill to desired doneness. In small bowl, combine mustard and cheese spread; microwave on HIGH 1 minute. Pour mustard sauce over burgers. Top with remaining onions. Broil 30 seconds or until onions are golden. Serve on hamburger rolls.
**BLUE CHEESE BURGER**
Makes 4 servings

- 1 pound lean ground beef
- ½ cup crumbled blue cheese
- 1 tablespoon French’s® Worcestershire Sauce
- ¼ cup chopped tomato
- 1 can (2.8 ounces) Durkee French Fried Onions

Combine ground beef, Worcestershire sauce, ½ can French Fried Onions and ¼ cup blue cheese. Form into 4 burgers; broil or grill to desired doneness. In a small bowl, combine ½ cup chopped tomato and 1 English muffin. Place on top of each burger before serving.
CALIFORNIA BURGER
Makes 4 servings
1 pound lean ground beef
1 tablespoon French's® Worcestershire Sauce
1 can (2.8 ounces) Durkee French Fried Onions
3 tablespoons French's® Dijon Mustard
3 tablespoons Italian salad dressing (or fat free or light salad dressing)

Combine ground beef, Worcestershire sauce and ½ can French Fried Onions. Form into 4 burgers; broil or grill to desired doneness. Combine mustard, salad dressing, and paprika. Top burgers with mustard mixture and remaining onions. Broil 30 seconds or until onions are golden. Place burger in pita bread pocket and top with ½ cup vegetables.

HONEY BUN BURGER
Makes 4 servings
1 pound lean ground beef
1 tablespoon French's® Worcestershire Sauce
1 can (2.8 ounces) Durkee French Fried Onions
1/4 cup French’s® Classic Yellow Mustard
2 tablespoons honey
4 wheat rolls

Combine ground beef, Worcestershire sauce and ½ can French Fried Onions. In small bowl, combine mustard and honey. Blend half of the mustard mixture into ground beef mixture. Form into 4 burgers; broil or grill to desired doneness. Top burgers with remaining honey/mustard mixture and onions. Broil 30 seconds or until onions are golden. Serve on wheat rolls.

FIESTA CASSEROLE
Makes 6 servings
Ready to bake in just 12 easy minutes
1 pound lean ground beef
1 medium green pepper, chopped
2 cans (8 ounces each) tomato sauce (or low sodium tomato sauce)
1/4 cup water
1 can (12 ounces) whole kernel corn with sweet peppers, drained
1 tablespoon Durkee Chili Powder
1/2 teaspoon Durkee Garlic Salt (or garlic powder)
1/4 teaspoon Durkee Crushed Red Pepper (optional)
1 can (2.8 ounces) Durkee French Fried Onions
1 package (10 ounces) refrigerated biscuits
1/2 cup (2 ounces) shredded Cheddar cheese (or reduced cholesterol cheese)

Preheat oven to 350°. In large skillet, brown ground beef; drain. Add green pepper and cook until tender-crisp. Stir in tomato sauce, water, corn, seasonings and 1/2 can French Fried Onions. Reduce heat and simmer, uncovered, until heated through. Spoon beef mixture into greased 8x12-inch baking dish. Cut biscuits in half; arrange around baking dish so cut edges face sides of dish and ends overlap. Bake, uncovered, at 350° for 15 to 20 minutes or until biscuits are done. Top with cheese and remaining onions; bake, uncovered, 5 minutes or until onions are golden brown.
WESTERN BURGER
Makes 4 servings

1 pound lean ground beef
1 tablespoon French's® Worcestershire Sauce
1 can (2.8 ounces) Durkee French Fried Onions
6 tablespoons barbecue sauce

Combine ground beef, Worcestershire sauce, 1/2 can French Fried Onions, 2 tablespoons barbecue sauce and mustard. Form into 4 burgers; broil or grill to desired doneness. Top with remaining sauce, the bacon and onions. Broil 30 seconds or until onions are golden. Serve on hamburger rolls.

RED HOT BURGER
Makes 4 burgers

1 pound lean ground beef
1 tablespoon French’s® Worcestershire Sauce
1/2 cup catsup (or low sodium catsup)
2 tablespoons Durkee RedHot™ Cayenne Pepper Sauce
1 can (2.8 ounces) Durkee French Fried Onions
4 hamburger rolls

Combine ground beef, Worcestershire sauce, and 1/2 can French Fried Onions. In small bowl, combine catsup and cayenne pepper sauce. Blend half of the catsup mixture into ground beef mixture. Form into 4 burgers; broil or grill to desired doneness. Top burgers with remaining catsup mixture and onions. Broil 30 seconds or until onions are golden. Serve on hamburger rolls.

TEXAS CHILI & BISCUITS
Makes 4 to 6 servings

Ready to bake in just 18 easy minutes

1 pound lean ground beef
1 package (1 1/4 ounces) Durkee Chili Seasoning
1 can (16 ounces) whole kernel corn, drained
1 can (14 1/2 ounces) whole tomatoes, undrained and cut up
1/2 cup water
3/4 cup biscuit baking mix
1/2 cup cornmeal
1/2 cup milk (or skim milk)
1 can (2.8 ounces) Durkee French Fried Onions
1/2 cup (2 ounces) shredded Monterey Jack cheese (or reduced cholesterol cheese)

Preheat oven to 400°. In medium skillet, brown ground beef; drain. Stir in chili seasoning, corn, tomatoes and water; bring to a boil. Reduce heat and simmer, uncovered, 10 minutes. Meanwhile, in medium bowl, combine baking mix, cornmeal, milk and 1/2 can French Fried Onions; beat vigorously 30 seconds. Pour chili into 2-quart casserole. Spoon biscuit dough in mounds around edge of casserole. Bake, uncovered, at 400° for 15 minutes or until biscuits are light brown. Top biscuits with cheese and remaining onions; bake, uncovered, 1 to 3 minutes or until onions are golden brown.
**SAUSAGE POPOVER BAKE**

Makes 4 to 6 servings  
Ready to bake in just 15 easy minutes

- ½ pound bulk Italian sausage
- 1 can (2.8 ounces) Durkee French Fried Onions
- 2 eggs, slightly beaten
- 1 cup all-purpose flour
- 1 cup milk (or skim milk)
- 1 tablespoon vegetable oil
- ½ teaspoon Durkee Chili Powder
- 1 cup (4 ounces) shredded Monterey Jack cheese (or reduced cholesterol cheese)
- 1 can (12 ounces) whole kernel corn with sweet peppers, drained
- 1 can (4 ounces) mushroom stems and pieces, drained
- 1 can (2.8 ounces) Durkee French Fried Onions
- 1 can (14½ ounces) whole tomatoes, undrained and cut up
- 1 can (8 ounces) tomato sauce (or low sodium tomato sauce)

**Instructions:**
Preheat oven to 400°. Crumble sausage into large skillet. Cook over medium-high heat until browned; drain well. Stir in corn, mushrooms, ½ cup cheese and ½ can French Fried Onions. Spoon sausage mixture into well-greased (do not use vegetable cooking spray) 9-inch square baking dish. In small bowl, combine eggs, flour, milk, oil and chili powder; beat until smooth and well blended. Pour over sausage mixture. Bake, uncovered, at 400° for 30 minutes or until top is golden brown. Top with remaining cheese and onions; bake, uncovered, 1 to 3 minutes or until onions are golden brown.

**LOUISIANA SEAFOOD BAKE**

Makes 4 servings  
Ready to bake in just 15 easy minutes

- ¾ cup uncooked regular rice
- 1 cup sliced celery
- 1 cup water
- 1 can (14½ ounces) whole tomatoes, undrained and cut up
- 1 can (2.8 ounces) Durkee French Fried Onions
- 1 teaspoon Durkee RedHot™ Cayenne Pepper Sauce
- 1½ teaspoon Durkee Garlic Powder
- 1 can (4 ounces) shrimp, thawed if frozen and cut into 1-inch chunks
- ¼ cup sliced pitted ripe olives (optional)
- ¼ teaspoon Durkee Leaf Oregano
- ¼ teaspoon Durkee Leaf Thyme
- ½ pound white fish, thawed if frozen and cut into 1-inch cubes
- 1 can (2.8 ounces) Durkee French Fried Onions
- 1 can (8 ounces) tomato sauce (or low sodium tomato sauce)
- 1 can (14½ ounces) whole tomatoes, undrained and cut up

**Instructions:**
Preheat oven to 375°. In 1½-quart casserole, combine uncooked rice, celery, water, tomatoes, tomato sauce, ½ can French Fried Onions and the seasonings. Bake, covered, at 375° for 20 minutes. Stir in corn, mushrooms, ½ cup cheese and ½ can French Fried Onions. Spoon sausage mixture into well-greased (do not use vegetable cooking spray) 9-inch square baking dish. In small bowl, combine eggs, flour, milk, oil and chili powder; beat until smooth and well blended. Pour over sausage mixture. Bake, uncovered, at 400° for 30 minutes or until top is golden brown. Top with remaining cheese and onions; bake, uncovered, 1 to 3 minutes or until onions are golden brown.

**HERB-BAKED FISH & RICE**

Makes 3 to 4 servings  
Ready to bake in just 15 easy minutes

- 1½ cups hot chicken bouillon (or low sodium bouillon)
- 1 cup uncooked regular rice
- ¼ teaspoon Durkee Italian Seasonings
- ¼ teaspoon Durkee Garlic Powder
- 1 package (10 ounces) frozen chopped broccoli, thawed and drained
- 1 can (2.8 ounces) Durkee French Fried Onions
- 1 tablespoon grated Parmesan cheese
- 1 pound unbreaded fish fillets, thawed if frozen
- ¼ cup (2 ounces) shredded Cheddar cheese (or reduced cholesterol cheese)
- ¼ cup (1 ounce) grated Parmesan cheese
- ½ teaspoon Durkee Paprika (optional)
- ½ cup (2 ounces) shredded Cheddar cheese (or reduced cholesterol cheese)

**Instructions:**
Preheat oven to 375°. In 8x12-inch baking dish, combine hot bouillon, uncooked rice and seasonings. Bake, covered, at 375° for 10 minutes. Top with broccoli, ½ can French Fried Onions and the Parmesan cheese. Place fish fillets diagonally down center of dish; sprinkle fish lightly with paprika. Bake, covered, at 375° for 20 to 25 minutes or until fish flakes easily with fork. Stir rice. Top fish with Cheddar cheese and remaining onions; bake, uncovered, 3 minutes or until onions are golden brown.
**MAIN DISH/PORK**

**PORK CHOPS MADRID**

Makes 4 servings
Ready to bake in just 12 easy minutes

- 1 tablespoon vegetable oil
- 4 pork chops, ½ to ¾-inch thick
- ½ teaspoon Durkee Seasoned Salt (or light seasoned salt)
- 1 can (14½ ounces) whole tomatoes, undrained and cut up
- 1 can (16 ounces) whole kernel corn, drained
- ½ cup uncooked regular rice
- ½ cup water
- ¼ cup chopped green pepper
- 1 teaspoon Durkee RedHot™ Cayenne Pepper Sauce
- 1 can (2.8 ounces) Durkee French Fried Onions
- 1 tablespoon vegetable oil

Preheat oven to 350°. In large skillet, heat oil. Brown pork chops on both sides; drain well. Sprinkle chops with seasoned salt; set aside. In same skillet, combine tomatoes, corn, uncooked rice, water, green pepper and cayenne pepper sauce; bring to a boil. Remove from heat and stir in ½ can French Fried Onions. Spoon rice mixture into 8x12-inch baking dish; arrange pork chops on top. Bake, covered, at 350° for 35 to 40 minutes or until rice and pork chops are done. Top pork chops with remaining onions; bake, uncovered, 5 minutes or until onions are golden brown.

**MAIN DISH/FISH**

**CRUNCHY-TOPPED FISH & VEGETABLES**

Makes 4 servings
Ready to bake in just 10 easy minutes

- 1 can (16 ounces) whole potatoes, drained
- 1 bag (16 ounces) frozen vegetable combination (broccoli, carrots, red pepper, water chestnuts), thawed and drained
- ½ cup water
- 2 tablespoons bottled Italian salad dressing (or fat free or light salad dressing)
- 1 cup (4 ounces) shredded Cheddar cheese (or reduced cholesterol cheese)
- ½ cup dry bread crumbs
- 1 can (2.8 ounces) Durkee French Fried Onions
- 2 tablespoons water
- ½ teaspoon Durkee Dill Weed
- 1 pound unbreaded fish fillets, thawed if frozen

Preheat oven to 375°. Place potatoes and vegetables in 8x12-inch baking dish; drizzle with ½ cup water and the Italian salad dressing. In small bowl, using fork, combine ½ cup cheese, the bread crumbs, French Fried Onions, 2 tablespoons water and the dill weed; mix thoroughly to crush onions. Sprinkle half the onion mixture evenly over vegetables. Arrange fish fillets over vegetables. Top fish with remaining cheese, then sprinkle with remaining onion mixture. Bake, uncovered, at 375° for 20 to 25 minutes or until fish flakes easily with fork.

**MAIN DISH/FISH**

**FAST ’N FANCY STUFFED FLOUNDER**

Makes 4 servings
Ready to bake in just 10 easy minutes

- ½ cups seasoned stuffing croutons
- 1 can (6 ounces) crabmeat, drained
- 1 can (2.8 ounces) Durkee French Fried Onions
- ½ cup water
- 1 teaspoon instant chicken bouillon (or low sodium bouillon)
- 1 pound unbreaded fish fillets, thawed if frozen
- 1 package (10 ounces) frozen asparagus spears, thawed and drained Durkee Paprika

Preheat oven to 400°. In medium bowl, combine stuffing croutons, crabmeat, ½ can French Fried Onions, the water and bouillon; stir until well mixed. Place half the fish fillets in 8x12-inch baking dish; spoon stuffing over fish. Top stuffing with asparagus spears, then remaining fillets. Sprinkle fish lightly with paprika. Bake, covered, at 400° for 20 minutes or until fish flakes easily with fork. Top with remaining onions; bake, uncovered, 1 to 3 minutes or until onions are golden brown.
**WALDORF SALAD**

Makes 4 servings

1 cup chopped raw almonds
1 1/2 cups chopped celery
1 1/2 cups diced red Delicious apples
1 1/2 cups diced golden Delicious apples
1/4 cup cut up chives or green onion tops (1/2 inch pieces)
1/4 cup currants
1/4 cup low calorie mayonnaise
1/4 cup plain nonfat yogurt
1/4 cup evaporated or light evaporated skimmed milk
1 teaspoon curry powder
1 teaspoon each, ground cumin, ginger, cinnamon, allspice and cloves

Toast almonds lightly in preheated oven (350°) for 8 to 10 minutes.

Combine celery, apples, chives, currants and flaked tuna in bowl. In separate bowl, whisk together mayonnaise, yogurt, milk and seasonings. Add dressing to salad mixture and mix well. Top with toasted almonds.

Preparation time: 25 minutes.
Nutritional content per serving: 302 calories, 30 g protein, 27 g carbohydrates, 9 g fat, 63 mg cholesterol, 895 mg sodium, 148 mg calcium.

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**TUNA SALAD ELEGANTE**

Makes 3 1/2 cups salad; about 5 to 6 main-dish or about 30 appetizer servings

A round bread loaf serves as an attractive container for an asparagus-olive tuna salad.

1/2 round bread loaf (about 1 1/2 pounds)
1 can (12 1/2 ounces) StarKist Tuna, drained and flaked
6 spears cooked asparagus, trimmed and cut into 2-inch pieces
2 hard-cooked eggs, chopped
1/2 cup sliced pitted ripe and stuffed green olives
1/2 cup chopped green onions

DRESSING

1/2 cup reduced-calorie mayonnaise or salad dressing
1/4 cup plain low-fat yogurt
2 tablespoons red wine vinegar
1 teaspoon dried tarragon, crushed
1 teaspoon dried basil, crushed

Lettuce leaves

With a sharp knife, cut a 1-inch-thick slice from top of bread loaf. Reserve to use later for the lid. Then, hollow out loaf, making a 1-inch shell. If preparing ahead, wrap hollow loaf and bread top in plastic wrap. Save bread for another use.

To make salad, in a large bowl toss together tuna, asparagus, eggs, olives and onions. In a small bowl stir together mayonnaise, yogurt, vinegar, tarragon and basil. Spoon over salad; toss well to coat. If preparing ahead, cover and chill.

To serve salad, line bread shell with lettuce leaves. Spoon tuna mixture into shell. Add bread top if desired. Serve with flat crackers or party bread.

Preparation time: 30 minutes
Calorie count: 212 calories per main-dish serving (based on 5 servings); 36 calories per appetizer serving.

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**TUNA POOR BOY**

Makes 1 large sandwich

If you've never thought about making a submarine sandwich with tuna, this easy interpretation is worth sampling.

1 slice red onion, separated into rings
1 ring red or green bell pepper
2 large slices tomato
1 slice (1 ounce) reduced-calorie American cheese, cut diagonally into halves
Pickle chili peppers (optional)

Toast roll if desired. In a small bowl stir together tuna, mayonnaise and pickle relish. Arrange lettuce over bottom half of roll; spoon tuna mixture over lettuce. Top with onion rings, bell pepper rings, tomato slices and cheese. Replace top half of roll; cut sandwich in half crosswise. Serve with pickled chili peppers if desired.

Preparation Time: 15 minutes
Calorie count: 475 calories per serving.
SALAD

TUNA COBB SALAD
Makes 1 serving
Using tuna in this classic salad keeps the calorie count manageable.

1 cup chopped lettuce
1/2 medium-ripe avocado, peeled, seeded and diced
1/2 medium tomato, chopped
1 can (3 1/4 ounces) StarKist Tuna, drained and broken into chunks
2 slices bacon, cooked and crumbled
1 hard-cooked egg, chopped
1/4 cup reduced-calorie blue cheese salad dressing
Pepper to taste

In a medium bowl toss together lettuce and all ingredients except salad dressing and pepper. Add dressing; toss until coated. Sprinkle with pepper; transfer to dinner plate.
Preparation time: 15 minutes
Calorie count: 491 calories per serving

SALAD

SPIRAL PASTA SALAD
Makes 5 servings
Pasta bow ties or shells are ideal for this salad too!

8 ounces tri-color spiral pasta, cooked according to package directions
1 can (12 1/2 ounces) StarKist Tuna, drained and broken into chunks
1 cup slivered pea pods
1 cup chopped yellow squash or zucchini
1 cup asparagus, cut into 2-inch pieces
1/2 cup silved red onion
1/2 cup sliced pitted ripe olives
DIJON VINAIGRETTE
1/3 cup white wine vinegar
1/4 cup olive or vegetable oil
2 tablespoons water
2 teaspoons Dijon mustard
1 teaspoon dried basil, crushed
1/4 teaspoon pepper

For salad, rinse pasta in cool water; drain well. In a large bowl toss together pasta, tuna, pea pods, squash, asparagus, onion and olives. For dressing, in a shaker jar combine remaining ingredients except lettuce. Cover and shake until well blended. Pour over salad; toss well. Serve on lettuce-lined plates.
Preparation time: 15 minutes
Calorie count: 390 calories per serving.

SALAD

TUNA TACOS
Makes 4 servings, 2 tacos per serving
The garbanzo beans are a calorie-smart substitute for refried beans, since they do not contain any of the animal fat often used in refried beans.

1 can (6 1/4 ounces) StarKist Tuna, drained and flaked
1/3 cup chopped tomato
1/3 cup sliced pitted ripe olives
Salsa, shredded low-fat cheese, diced
avocado, chopped green chilies for toppings (optional)
1/4 cup bottled salsa
1/2 cups shredded lettuce
8 corn taco shells*
1 cup garbanzo beans

In a medium bowl toss together tuna, onions and salsa until combined. To assemble tacos, sprinkle lettuce into each taco shell. Divide tuna mixture among tacos, along with garbanzo beans, tomato and olives. Garnish as desired with toppings.
*Substitute 8 (6-inch) flour tortillas for the taco shells if soft tacos are preferred.
Preparation time: 20 minutes
Calorie count: 273 calories per serving. Toppings are extra.
EASY SEAFOOD SALAD
Makes 4 to 6 servings

1 can (6 1/2 ounces) StarKist Tuna, drained and flaked
1 can (6 ounces) salmon, drained, flaked and skin and bones removed
1 1/2 cups cooked diced potatoes
1/2 cup frozen peas, thawed
1/2 cup frozen niblet corn, thawed

In a large bowl toss together tuna, salmon, potatoes, peas, corn and onion. For dressing, in a small blender container or food processor bowl combine mayonnaise, cream cheese, milk and tartar sauce. Cover and blend until smooth. Stir dressing into salad; toss well. Serve salad on lettuce-lined plates.

Preparation time: 15 minutes
Calorie count: 348 calories per serving. (Based on 4 servings.)

BOW TIE TUNA SALAD
Makes 2 or 3 servings

Bow tie pasta is a fun shape that's available in large supermarkets. Or, substitute shells, macaroni, spirals or ziti for the bow ties.

4 ounces bow tie pasta, cooked according to package directions and drained
1 cup red and green seedless grapes, cut into halves
1 can (3 1/4 ounces) StarKist Tuna, drained and flaked

Place the drained, cooked bow ties in a medium bowl. Add grapes, tuna and walnuts to bowl. Stir lemon yogurt into the salad, mixing well to moisten salad. Arrange lettuce leaves on 2 or 3 plates. Spoon salad onto lettuce, dividing evenly among the plates. (If desired, chill up to 6 hours before serving.)

Preparation time: 15 minutes
Calorie count: 390 calories per serving. (Based on 2 servings.)

CURRIED PASTA SALAD
Makes 6 servings

1 cup cubed tofu
1/2 cup evaporated or light evaporated skimmed milk
1/2 tsp salt
1 tsp sugar

Blend all ingredients in blender until satiny smooth. Refrigerate.

Preparation time: 10 minutes.
Nutritional content of 3 tablespoons: 61 calories, 4 g protein, 3 g carbohydrates, 4 g fat, 3 mg cholesterol, 57 mg sodium, 11 mg calcium.
**COOL NOODLE SALAD WITH TUNA AND DILL**  
Makes 4 servings  

- 1 cup Walnut Dill Sauce  
- 4 fresh dill sprigs for garnish  
- 8 oz extra wide egg noodles, uncooked  
- 1 tablespoon extra virgin olive oil  
- 4 3½ oz cans StarKist Solid White Tuna, drained  

Cook noodles according to package directions; drain. Rinse with cold water to cool quickly; drain well. Toss with olive oil. Chill thoroughly. Place pasta on chilled plates. Unmold one can of tuna on top of each serving. Top with Walnut Dill Sauce. Garnish with dill.  

Preparation Time: 10 minutes.  
Make ahead.  
Nutritional content per serving: 456 calories, 41 g protein, 45 g carbohydrates, 13 g fat, 121 mg cholesterol, 1122 mg sodium, 128 mg calcium.  

**WALNUT DILL SAUCE**  
Makes 1¼ cups  

- ¼ cup evaporated or light evaporated skimmed milk  
- 1 cup cubed tofu  
- ⅛ tsp salt  
- ⅛ tsp crushed dillweed  
- ⅛ teaspoon crushed tarragon  
- 2 teaspoons white vinegar  
- 1 tablespoon fresh lemon juice  
- 1 tablespoon walnut oil  
- 1 cup cut up fresh dill, tightly packed  

Preparation time: 10 minutes.  
Nutritional content of 3 tablespoons: 60 calories, 4 g protein, 3 g carbohydrates, 4 g fat, 3 mg cholesterol, 179 mg sodium, 84 mg calcium.  

**TOMATOES STUFFED WITH HOT TUNA SALAD**  
Makes 4 servings  

Try this recipe when summer tomatoes are at their peak of flavor.  

- 4 large tomatoes  
- 1 can (9 ⅛ ounces) StarKist Tuna, drained and flaked  
- 1 cup cubed Swiss or Cheddar cheese (⅛-inch cubes)  
- 1 cup cooked macaroni  
- ⅛ cup minced onion  
- ⅛ cup reduced-calorie mayonnaise or salad dressing  
- ⅛ cup reduced-calorie sour cream  

Preheat oven to 350°F. Cut a slice from tops of tomatoes. Hollow out tomato. Spray a casserole with aerosol shortening; place tomatoes in dish.  

In a bowl combine tuna, cheese, macaroni and onion. Stir in mayonnaise and sour cream. Spoon into shells. Replace tops. Cover and bake for 30 to 40 minutes, or until heated. Sprinkle with parsley.  

Preparation time: 20 minutes.  
Calorie count: 445 calories per serving.  

**NO FUSS TUNA QUICHE**  
Makes 8 servings  

Frozen or refrigerated rolled pastry works well for this recipe.  

- 1 unbaked 9-inch deep dish pastry shell  
- 1½ cups low-fat milk  
- 3 extra-large eggs  
- ⅛ cup chopped green onions  
- ⅛ teaspoon dried basil, crushed  
- ½ teaspoon salt  
- 1 can (6½ ounces) StarKist Tuna, drained and flaked  
- ⅝ cup shredded low-fat Cheddar cheese  
- 8 spears (4 inches each) broccoli  

Preheat oven to 450°F. Bake pastry shell for 5 minutes; remove to rack to cool. Reduce oven temperature to 325°F.  

For filling, in a bowl whisk together milk and eggs. Stir in onions, pimiento, basil and salt. Fold in tuna and cheese. Pour into prebaked pastry shell. Bake at 325°F, for 30 minutes. Meanwhile, in a saucepan steam broccoli spears over simmering water for 5 minutes. Drain; set aside. After 30 minutes, arrange broccoli spears, spoke-fashion, over quiche. Bake for 25 to 35 minutes, or until a knife inserted 2 inches from center comes out clean. Let stand for 5 minutes. Cut into 8 wedges, centering a broccoli spear in each wedge.  
Note: If desired, 1 cup chopped broccoli may be added to the filling before baking.  
Preparation time: 20 minutes.  
Calorie count: 226 calories per serving.
PUFFY TUNA OMELET
Makes 1 serving
A puffy omelet is simple to make and it’s a bit more special for a single serving.

- 2 eggs, separated
- ¼ teaspoon pepper
- 1 tablespoon water
- 1 tablespoon butter or margarine
- 2 tablespoons chicken broth
- ½ cup chopped spinach leaves

In a small bowl beat egg yolks and pepper on high speed of electric mixer about 5 minutes, or until thick and lemon-colored. In a medium bowl beat egg whites and water until stiff peaks form. Pour yolks over whites and gently fold in.

Preheat oven to 325°. In a 7-inch nonstick skillet with ovenproof handle melt butter over low heat. Lift and tilt skillet to coat sides. Pour egg mixture into hot skillet, mounding it slightly higher around edges. Cook over low heat about 6 minutes, or until eggs are puffed and set and bottom is golden brown. Bake for 6 to 8 minutes, or until a knife inserted near center comes out clean.

Meanwhile, in a small skillet heat chicken broth. Cook and stir bell pepper and spinach in broth for 2 minutes. Stir in tuna and oregano; season to taste with salt and pepper. Drain; keep warm.

Loosen sides of omelet with spatula. Make a shallow cut across omelet, cutting slightly off center; fill with tuna mixture. Fold smaller portion of omelet over larger portion. Sprinkle with cheese. Serve immediately.

Preparation time: 10 minutes
Calorie count: 422 calories per serving.

SPEEDY SPAGHETTI WITH TUNA-MUSHROOM SAUCE
Makes 4 servings

- 1 ½ of a 1-pound package uncooked spaghetti
- 1 (12-ounce) can (undrained) StarKist Tuna
- 1 (10-ounce) can condensed chicken broth
- 1 (6-ounce) can tomato paste
- 1 (4-ounce) can mushroom stems and pieces (undrained)
- ¼ teaspoon Italian seasoning

Prepare Spaghetti according to package directions; drain. In medium saucepan, combine StarKist Tuna with liquid, chicken broth, tomato paste, mushrooms with liquid and Italian seasoning. Mix well to blend and break up tuna. Simmer 5 minutes. Serve over spaghetti.

CALIFORNIA-STYLE TUNA MELT
Makes 4 sandwiches

This sandwich makes a superb quick lunch.

- 4 slices bread, 8 thin slices
- 2 thin slices cheese
- 1 can (9½ ounces) StarKist Tuna, drained and flaked
- ½ cup chopped red onion
- 1 ripe avocado, peeled, pitted and thinly sliced
- 1 (½ cup) reduced-calorie mayonnaise or salad dressing
- Alfalfa sprouts
- Shredded low-fat Cheddar cheese
- Sliced avocado

Toast bread if desired. Arrange pieces on a flat microwaveable plate or tray. Spread with mayonnaise. Place 1 tomato slice on each bread half. Top with tuna, onion and some alfalfa sprouts, dividing evenly. Sprinkle cheese over bread. Cover with waxed paper. Micro-cook on HIGH power for 2 to 4 minutes, or until sandwiches are heated through and cheese is melted, rotating dish once during cooking. Serve topped with avocado slices. Garnish as desired.

Preparation time: 15 minutes
Calorie count: 377 calories per serving with bread; 442 calories per serving with tortilla.
INDIVIDUAL PIZZA
Makes 1 serving
Flour tortillas make handy, low-calorie pizza "crusts" for individual pizzas.

- 1 (8-inch) flour tortilla
- ¼ cup spaghetti sauce or pizza sauce
- 1 can (3 1/4 ounces) StarKist Tuna, drained and broken into small chunks
- ¼ cup sliced mushrooms
- ½ cup tomato slices
- 2 green or red bell pepper rings, cut into halves
- ¼ cup shredded low-fat Cheddar or mozzarella cheese

Preheat oven to 375°F. Place tortilla on a small baking sheet. Bake for 5 minutes, or until tortilla begins to crisp. Spread spaghetti sauce to within ¼ inch of edge. Sprinkle tuna, mushrooms and tomato over tortilla. Arrange bell pepper half-rings on top. Sprinkle cheese over pizza. Bake for 8 to 10 minutes more, or until heated through.

Preparation time: 10 minutes
Calorie count: 366 calories per serving.

EASY CALZONE
Makes 4 servings
"Calzone" is an Italian term for a filled turnover made with pizza dough.

- 1 can (10 ounces) refrigerated ready-to-use pizza dough
- 1 package (10 ounces) frozen chopped spinach, thawed
- 1 can (9 1/4 ounces) StarKist Tuna, drained and flaked
- 1 cup chopped tomatoes
- 2 cans (4 ounces each) sliced mushrooms, drained
- 1 cup shredded low-fat Cheddar or mozzarella cheese
- 1 teaspoon Italian seasoning or dried oregano, crushed
- 1 teaspoon dried basil, crushed
- 1/4 teaspoon garlic powder

Preheat oven to 425°F. Unroll pizza dough onto a lightly floured board; cut crosswise into 2 equal pieces. Roll each piece of dough into a 12-inch circle. Squeeze all liquid from spinach; chop fine. Over the bottom half of each circle of dough, sprinkle spinach, tuna, tomatoes, mushrooms, cheese and seasonings to within 1 inch of bottom edge. Fold top half of dough over filling, leaving bottom edge uncovered. Moisten bottom edge of dough with a little water, then fold bottom edge of dough over top edge, sealing with fingers or crimping with fork. Brush top of dough lightly with oil; sprinkle with cornmeal if desired. Place 2 filled calzones on ungreased baking sheet; bake for 25 to 30 minutes, or until deep golden brown. Meanwhile, in saucepan, heat pizza sauce. Cut each calzone in half crosswise to serve. Pass sauce to spoon over.

Preparation time: 25 minutes
Calorie count: 425 calories, including ¼ cup pizza sauce, per serving.

CURRY BOMBAY
Makes 4 servings

- ¼ cup chopped almonds
- 3 1/3 cups (8 oz) tri-color spiral pasta, uncooked
- 1 tablespoon corn oil
- 1/2 cup finely chopped onion
- 1/2 cup peeled green apple
- 1/2 teaspoon minced garlic
- 1 tablespoon flour
- 1 1/2 tablespoons curry powder
- Condiments:
  - 1 tomato, peeled, cored, seeded and chopped
  - 1/4 cup evaporated or light evaporated skimmed milk
  - 1/2 cup canned low sodium chicken broth
  - 1/2 teaspoon fresh lemon juice
  - 1/2 teaspoon grated lemon rind
  - 1 6 1/4 oz can StarKist Solid White or Solid Light Tuna in Springwater, drained and flaked
  - 1/2 cup peeled and chopped cucumber
  - 1/4 cup green onion tops

Toast almonds in 350° oven for 8-10 minutes. Cook pasta according to package directions; drain. Heat margarine in saucepan. Add onion, apple and garlic. Cook until onion is tender. Mix flour and curry powder well and add to cooking onion mixture, stirring constantly for 3 minutes. Combine chicken stock and milk in small saucepan. Bring to boil, add to curry mixture along with lemon juice and rind. Stir until mixture thickens, then simmer 10 minutes. Add tuna. To serve, place pasta on plates. Pour sauce over top and sprinkle with almonds. Serve condiments on the side.

Preparation time: 40 minutes
Nutritional content, per serving: 574 calories, 26 g protein, 84 g carbohydrates, 12 g fat, 38 mg cholesterol, 536 mg sodium, 164 mg calcium.
TUNA & MUSHROOM STROGANOFF
Makes 4 to 6 servings
- 3 cups sliced fresh mushrooms
- 1 1/4 cups chopped green onions
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 tablespoons all-purpose flour
- 1 1/4 cups low-fat milk
- 1/2 teaspoon dried tarragon, crushed
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon pepper
- 1 can (12 1/2 ounces) StarKist Tuna, drained and broken into chunks
- 1/4 cup reduced-calorie sour cream
- 1/2 cup plain low-fat yogurt
- Hot cooked pasta or rice

In a large skillet sauté mushrooms, onions and garlic in oil for 3 minutes, stirring frequently. Sprinkle flour over vegetables; stir until blended. Add milk all at once; cook and stir until mixture thickens and bubbles. Stir in tarragon, Worcestershire and pepper. Add tuna, sour cream and yogurt. Cook over low heat for 2 minutes, or until heated. (Do not boil.) Serve over pasta.

Preparation time: 20 minutes
Calorie count: 400 calories, including 1 cup cooked pasta, per serving. (Based on 4 servings.)

SIDE DISH
ROTINI & TUNA IN PARMESAN CREAM SAUCE
Makes 4 servings
- 1/2 of a (1 pound) package Rotini or Rotelle, uncooked
- 1/4 cup chopped red bell pepper
- 1/4 cup finely chopped onion
- 1 small zucchini, sliced
- 1/4 cup all-purpose flour
- 1 teaspoon salt


SIDE DISH
ORIENTAL SPRING CASSEROLE
Makes 6 servings
- 8 oz tri-color spiral pasta, uncooked
- 1 can low sodium chicken broth
- 1 12 oz can evaporated or light evaporated skimmed milk
- 2 tablespoons each: low sodium soy sauce, unseasoned rice vinegar and dark sesame oil
- 1 teaspoon chopped fresh ginger
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons minced garlic
- 3 tablespoons instantized quick mixing flour
- 1 (8-ounce) can water chestnuts
- 1/2 cups chopped celery
- 1/8 lb fresh snow peas
- 1 9 1/2-oz can StarKist Solid White Tuna, drained
- 1/4 cup sliced green onion tops

Cook pasta according to package directions; drain. Meanwhile, combine chicken stock, milk, soy sauce, vinegar, sesame oil, ginger, pepper and garlic in a saucepan and bring to a boil. Add flour; cook and stir for 30 seconds. Remove from heat, cover, set aside for 5 minutes. In blender; puree until smooth. Slice water chestnuts. String pea pods, notch ends, blanch 2 minutes. Combine pasta, sauce and remaining ingredients except onion tops. Pour into 7x11-inch glass baking dish. Sprinkle with sliced green onion tops. Bake at 350° for 30 minutes.

Preparation time: 25 minutes
Bake time: 30 minutes
Nutritional content per serving: 392 calories, 24 g protein, 50 g carbohydrates, 11 g fat, 46 mg cholesterol, 836 mg sodium, 192 mg calcium.
MAIN DISH

SPAGHETTI SQUASH WITH TUNA-VEGETABLE SAUCE
Makes 4 to 5 servings

- 2 cups tomato sauce
- 1 can (12 1/4 ounces) StarKist Tuna, drained and broken into chunks
- 1 teaspoon dried basil, crushed
- 1 teaspoon dried rosemary, crushed
- 1/4 cup grated Parmesan or Romano cheese

1 spaghetti squash (about 1 pound), cut lengthwise into halves
1/4 cup water
1 medium zucchini, cut lengthwise into quarters and thinly sliced
1 cup chopped carrots
1/2 cup chopped onion
1 clove garlic, minced
1 large fresh tomato, chopped

Arrange squash, cut side up, in a shallow microwavable dish; add water. Cover loosely; micro-cook on HIGH power for 9 to 12 minutes, rotating dish once during cooking. Let stand, covered, while preparing sauce.

In a large microwavable bowl combine zucchini, carrots, onion and garlic. Micro-cook on HIGH power for 3 to 5 minutes, or until tender, stirring once. Stir in tomato, tomato sauce, tuna, basil and rosemary. Cover loosely; micro-cook on HIGH power for 3 to 5 minutes, or until sauce is heated through, stirring once. Using 2 forks, remove squash pulp by pulling it from the rind. Pile it onto a serving platter. Spoon tuna sauce over; sprinkle with cheese. Garnish with fresh basil if desired. Serve immediately.

Preparation time: 15 minutes
Calorie count: 281 calories per serving. (Based on 5 servings.)

MAIN DISH

TUNA-FRIED RICE
Makes 4 servings

- 3 tablespoons vegetable oil
- 2 eggs, lightly beaten
- 3 cups cooked white or brown rice
- 1 can (9 1/4 ounces) StarKist Tuna, drained and flaked
- 1/4 cup soy sauce
- 2 tablespoons dry sherry
- 1/2 teaspoon pepper
- 1 clove garlic, minced
- 3 cups cooked white or brown rice
- 1 can (9 1/4 ounces) StarKist Tuna, drained and flaked

In a small skillet heat 1 tablespoon of the oil. Add eggs; cook and stir until scrambled. Cut eggs into shreds; set aside. In a large skillet saute pea pods, onions, bell pepper, celery and garlic in remaining oil for 3 minutes. Stir in rice; stir-fry for 3 minutes. Stir in egg, tuna and seasonings until combined; cook for 2 minutes, or until heated.

Preparation time: 20 minutes
Calorie count: 382 calories per serving.

MAIN DISH

TUNA-STUFFED BELL PEPPERS
Makes 4 servings

- 4 large red, green or yellow bell peppers
- 1/2 cup vegetables (Suggested vegetables are: green peas, French-cut green beans, chopped zucchini or broccoli florets)
- 1/4 cup chopped green onions
- 1 clove garlic, minced
- 2 tablespoons vegetable oil
- 1 cup cooked pasta or rice
- 1 can (12 1/4 ounces) StarKist Tuna, drained and flaked
- 1 medium tomato, chopped
- 1/2 cup niblet corn
- 1 egg, beaten
- 1/2 teaspoon dried thyme, crushed
- Salt and pepper to taste
- 1/2 cup shredded low-fat mozzarella cheese
- Chopped parsley

Cut peppers lengthwise into halves. Remove seeds and ribs from peppers. Place peppers in boiling water for 3 minutes. Rinse, drain, cut side down. Set aside.

Preheat oven to 375°. For stuffing, in a medium skillet sauté vegetables with onions and garlic in oil for 3 minutes. Stir in pasta, tuna, tomato, corn, egg and seasonings. Cook until heated through. Spray a shallow baking dish with aerosol shortening. Place shells, cut side up, in dish. Spoon tuna mixture into shells, mounding if necessary. Bake for 15 minutes. Sprinkle with cheese and parsley. Bake for 5 minutes, or until cheese is melted.

Preparation time: 30 minutes
Calorie count: 344 calories per serving.
TUNA-Spaghetti Primavera
Makes 4 to 6 servings

Vi of a (1-pound) package
Spaghetti, uncooked
1 cup bottled Italian dressing
1 clove garlic, minced
1 medium carrot, cut into juilienne strips
Vi medium green bell pepper, cut into thin strips
Vi medium red bell pepper, cut into thin strips
Vi teaspoon salt
Vi teaspoon lemon-pepper seasoning
1 (6½-ounce) can StarKist Tuna, drained and flaked

Prepare spaghetti according to package directions; drain. In large skillet, heat Italian dressing and garlic. Add carrot; cook 1 minute. Add pepper strips and mushrooms; cook just until vegetables are tender-crisp, about 4 minutes, stirring occasionally. Stir in parsley, salt and lemon-pepper seasoning. Add hot spaghetti; toss to coat. Add tuna; gently toss to mix. Heat through. Place on warm serving platter. Serve immediately. Refrigerate leftovers.

Fettucine a la Tuna
Makes 1 serving

Vi cup broccoli florets
Vi cup chopped red bell pepper
1 tablespoon sliced green onion
1 clove garlic, minced
1 tablespoon butter or margarine
1/4 cup low-fat milk
1/4 cup low-fat ricotta cheese
Salt and pepper to taste

In a saucepan steam broccoli and bell pepper over simmering water for 5 minutes. Drain liquid from vegetables and remove steamer. In same pan saute onion and garlic in butter for 2 minutes. Add milk and ricotta cheese, stirring well with wire whisk. Season to taste with salt and pepper. Add tuna and vegetables; cook over low heat for 2 minutes more. Toss fettucine with tuna mixture. Spoon onto plate; sprinkle with Parmesan cheese if desired.

Preparation time: 15 minutes
Calorie count: 415 calories per serving.

Chili Cheese Pie
Makes 8 servings

1 1/2 cups tri color spiral pasta, uncooked
2 cups chopped onions
3 eggs, at room temperature
1 12-ounce can evaporated or light evaporated skimmed milk
1/4 cup instantized quick mixing flour
1 cup grated Cheddar cheese
Vi teaspoon salt
1 4-ounce can chopped green chiles
1 1/2 cups cooked, drained kidney beans
1 6½-ounce can StarKist Solid White or Solid Light Tuna in Springwater
1 cup low fat cottage cheese

Cook pasta according to package directions; drain. Cook onions in covered skillet over low heat until tender, adding water if necessary to prevent browning. Combine eggs and milk and mix well. Stir in flour, cheese, salt and green chiles. Add onions, beans, tuna (in bite size pieces) and pasta. Mix well. Gently blend in cottage cheese. Pour into 8-inch pie pan sprayed with nonstick vegetable coating. Bake at 325° for 40 to 45 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before serving. Cut into wedges.

Preparation time: 25 minutes
Bake time: 45 minutes
Nutritional content per serving: 328 calories, 25 g protein, 29 g carbohydrates, 12 g fat, 162 mg cholesterol, 638 mg sodium, 286 mg calcium.
WISCONSIN TUNA CAKE WITH LEMON-DILL SAUCE
Makes 4 servings
For light frying, choose a nonstick skillet to make these tuna cakes.

1 can (12½-ounces) StarKist Tuna, drained and finely flaked
1/4 cup seasoned bread crumbs
1/4 cup minced green onions
2 tablespoons chopped drained pimiento
egg
1/2 cup low-fat milk
1/2 teaspoon grated lemon peel

2 tablespoons butter or margarine

Lemon-Dill Sauce
1/4 cup chicken broth
1 tablespoon lemon juice
1/4 teaspoon dill weed

Hot steamed shredded zucchini and carrots
Lemon slices

In a large bowl toss together tuna, bread crumbs, onions and pimiento. In a small bowl beat together egg and milk; stir in lemon peel. Stir into tuna mixture; toss until moistened. With lightly floured hands, shape mixture into eight 4-inch patties.

In a large nonstick skillet melt butter. Fry patties, a few at a time, until golden brown on both sides, about 3 minutes per side. Place on an ovenproof platter in a 300° oven until ready to serve.

For sauce, in a small saucepan heat broth, lemon juice and dill. For each serving, spoon shredded carrots and zucchini onto each plate; top with 2 tuna cakes. Top each cake with a half-slice lemon; spoon sauce over.

Preparation time: 25 minutes
Calorie count: 278 calories, including 1 tablespoon sauce, per serving.

MAIN DISH
TUNA & EGGPLANT PARMIGIANA
Makes 6 servings

1/2 cup chopped onion
2 cloves garlic, minced
1 tablespoon olive or vegetable oil
2 large tomatoes, chopped
1 can (8-ounces) tomato sauce
1/2 cup tomato paste
2 teaspoons dried Italian seasoning, crushed
1/4 teaspoon pepper

3 tablespoons minced parsley

In a medium saucepan sauté onion and garlic in oil for 3 minutes, or until tender. Stir in tomatoes, tomato sauce, tomato paste, Italian seasoning and pepper. Bring to a boil; reduce heat. Simmer, uncovered, for 10 minutes, stirring occasionally. Stir tuna into sauce; remove from heat and set aside.

Preheat oven to 350°F. Cut eggplant crosswise into 1/4-inch-thick slices. Bring a large pot of water to a boil; add eggplant. Simmer for 20 minutes, or until tender. Drain eggplant; blot dry with paper towels. In a 12x8x2-inch casserole arrange 1/3 of the eggplant; spoon 1/3 of the tomato sauce over. Sprinkle 1/3 of the Parmesan and mozzarella cheeses over top. Repeat layers twice, ending with the cheeses.

Sprinkle parsley over top. Bake, uncovered, for 25 to 30 minutes, or until hot and bubbly.

Preparation time: 20 minutes
Calorie count: 267 calories per serving.

MAIN DISH
TUNA & SHRIMP FAJITAS
Makes 4 servings

1 large red onion, cut in half and thinly sliced
1 red bell pepper, cut into bite-sized strips
1 large green bell pepper, cut into bite-sized strips
2 tablespoons vegetable oil
1 can (12-ounces) salsa
1 can (6½-ounces) StarKist Tuna, drained and broken into chunks
1/2 pound frozen cooked bay shrimp, thawed
8 (6-inch) flour tortillas, warmed if desired
Diced avocado, shredded low-fat Cheddar or Monterey Jack cheese, sliced pitted ripe olives and bottled salsa for toppings

In a large skillet or wok stir-fry onion and bell peppers in oil for 3 minutes over high heat. Add 1/4 cup of the salsa, the tuna and shrimp; stir-fry for 2 minutes more, or until heated through.

To assemble fajitas, spoon some of the tuna mixture in center of each tortilla, then add desired toppings and serve immediately.

Preparation time: 10 minutes
Calorie count: 375 calories per serving. Toppings are extra.
**MAIN DISH**

**TUNA LASAGNE**

Makes 4 to 6 servings

- 1 cup diced zucchini
- 1 cup sliced fresh mushrooms
- 1/2 cup sliced green onions
- 1 clove garlic, minced
- 2 tablespoons vegetable oil
- 1 can (12 1/2 ounces) Starkist Tuna, drained and broken into chunks
- 11/2 cups spaghetti sauce
- 1/2 teaspoon dried oregano, crushed
- 3/4 cup low-fat cottage cheese
- 1 extra-large egg
- lasagne noodles, cooked and drained
- 3 slices low-fat mozzarella cheese, cut into 1/4-inch strips
- 2 tablespoons grated Parmesan or Romano cheese
- 2 tablespoons chopped parsley

In a large skillet sauté zucchini, mushrooms, onions and garlic in oil for 3 minutes, or until vegetables are nearly tender. Stir in tuna, spaghetti sauce and herbs; bring to a boil. Remove from heat.

Preheat oven to 375°F. In a small bowl stir together cottage cheese and egg. Spray an 11x7x2-inch baking dish with aerosol shortening. Spread 1/2 cup of the tuna mixture on bottom of dish. Place 3 lasagne noodles over sauce; layer 1/2 of the cottage cheese mixture, then 1/2 of the remaining tuna mixture, spreading evenly. Place 1/2 of the mozzarella cheese strips over tuna layer. Repeat layers, ending with mozzarella. Sprinkle Parmesan over top. Cover with foil; bake for 30 minutes. Uncover; bake for 10 minutes more, or until sauce is bubbly and lasagne is heated through. Let stand for 5 minutes. Sprinkle with parsley; cut into squares to serve.

Preparation time: 40 minutes
Calorie count: 437 calories per serving. (Based on 4 servings.)

**TUNA CALCUTTA**

Makes 4 to 5 servings

- 1 1/2 cups chopped red and green bell pepper
- 3/4 cup sliced green onions
- 2 cloves garlic, minced
- 1 to 2 teaspoons curry powder
- 2 tablespoons vegetable oil
- 3 tablespoons all-purpose flour
- 2 cups low-fat milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (12 1/2 ounces) Starkist Tuna, drained and broken into chunks
- Hot cooked rice or pasta
- Chopped cilantro, peanut halves, shredded coconut, chopped red onion and golden or dark raisins for condiments

In a large skillet sauté bell pepper, onions and garlic with curry powder in oil over medium-high heat for 3 to 4 minutes, or until vegetables are tender. Stir in flour until blended; add milk all at once. Cook and stir until mixture thickens and bubbles; cook for 2 minutes. Stir in salt and pepper; add tuna. Cook for 2 minutes more to heat through. Serve over rice; pass condiments.

Preparation time: 20 minutes
Calorie count: 400 calories, including 3/4 cup cooked rice, per serving. Condiments are extra. (Based on 4 servings.)

**TUNA-NOODLE CASSEROLE**

Makes 6 servings

- 1/2 of a (1 pound) package egg noodles, uncooked
- 1 (6 1/4 ounce) can Starkist Tuna, drained and flaked
- 1 cup frozen peas, thawed and drained
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1/2 cup grated Parmesan cheese
- 1/2 cup milk
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup buttered bread crumbs (optional)
- 1 (10 3/4 ounce) can cream of mushroom soup
- 1 cup sour cream
- 1/3 cup grated Parmesan cheese
- Hot cooked rice or pasta
- Chopped cilantro, peanut halves, shredded coconut, chopped red onion and golden or dark raisins for condiments

Prepare egg noodles according to package directions; drain. In medium bowl, combine noodles, Starkist Tuna, peas, onion and green pepper. In small bowl, blend soup, sour cream, Parmesan cheese, milk, salt and pepper. Add to noodle mixture; mix well. Pour into buttered 2-quart casserole. Top with bread crumbs. Bake in a 350°F oven until hot, 20 to 30 minutes. Refrigerate leftovers.
TUNA & VEGETABLES A LA GRECQUE
Makes 4 to 5 servings
This makes a terrific cold salad for any meal, and it's superb for picnics.

1 1/2 cups French-cut green beans, cooked
1 cup cherry tomatoes, cut into halves or tomato wedges
1 cup sliced cooked carrots
1 cup sliced yellow squash or zucchini
1/2 cup slivered green bell pepper
1 can (12 1/2 ounces) StarKist Tuna, drained and broken into chunks

In a large nonmetallic bowl stir together beans, tomatoes, carrots, squash, bell pepper and tuna. For Red Vinaigrette dressing, in a large shaker jar combine remaining ingredients. Cover and shake until well blended. Pour over salad. Toss salad to coat. Cover and chill 2 to 24 hours before serving. Serve salad with a slotted spoon.

Preparation time: 15 minutes
Calorie count: 273 calories per serving. (Based on 4 servings.)

RED VINAIGRETTE
1/2 cup red wine vinegar
1/4 cup olive or vegetable oil
2 tablespoons chopped parsley
1 teaspoon sugar
1 teaspoon dried rosemary, crushed
1 clove garlic, crushed
Salt and pepper to taste

MAIN DISH
CREAMY TUNA & NOODLES
Makes 4 servings

1/2 of a (1 pound) package egg noodles, uncooked
2 tablespoons butter or margarine
1/2 cup finely chopped onion
1 (10 3/4 ounce) can cream of mushroom soup
1/2 cup milk


MAIN DISH
TUNA & ASPARAGUS AU GRATIN
Makes 4 servings

1 pound fresh asparagus
1/4 cup water
1/4 cup butter or margarine
3 tablespoons all-purpose flour
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup low-fat milk
1/4 cup dry white wine
1 can (12 1/2 ounces) StarKist Tuna, drained and broken into chunks
3 tablespoons bread crumbs
3 tablespoons grated Parmesan

Trim asparagus; place in microwavable dish with tips toward center. Add water. Cover; micro-cook on HIGH power for 5 minutes, or until tender; rotate dish once.

In a 1-quart microwavable bowl micro-cook 1/2 of the butter on HIGH power for 30 seconds, or until melted. Stir in flour, salt and pepper. Blend in milk and wine. Micro-cook on HIGH power for 4 to 6 minutes, or until mixture thickens; stir every 2 minutes. Stir in tuna. Pour into 4 microwavable ramekins. Drain asparagus; arrange over tuna mixture. Melt remaining butter in microwavable dish on HIGH power for 30 seconds. Drizzle over tops. Sprinkle with bread crumbs and cheese. Micro-cook on HIGH power for 3 to 5 minutes, or until heated; rotate once.

Preparation time: 10 minutes
Calorie count: 329 calories per serving.
NOODLES MILANO
Makes 4 servings
- 8 ounces wide egg noodles, uncooked
- 1 can low-sodium chicken broth
- 1½ cups diced onion
- 1 (12-ounce) can evaporated light evaporated skimmed milk
- ½ cup chopped fresh marjoram without stems or 2 tablespoons dried marjoram

Cook onions in covered saucepan over low heat until very soft, adding water to prevent browning. Stir frequently. Add chicken stock, turn heat to medium and reduce by a third. Add milk and bring to a rolling boil. Add marjoram, salt, pepper and ricotta cheese. Stir to blend. Reduce by half, stirring frequently. Cook noodles according to package directions; drain. Remove sauce from heat, pour into blender, and puree until satin smooth. Return to pan, add tuna and heat through. To serve, place noodles on warm plate. Top with sauce.

Preparation time: 38 minutes
Nutritional content per serving: 451 calories, 30 g protein, 58 g carbohydrates, 10 g fat, 62 mg cholesterol, 690 mg sodium, 330 mg calcium

TORTELLINI WITH THREE-CHEESE TUNA SAUCE
Makes 4 to 5 servings
- 1 pound cheese-filled tortellini, spinach and egg
- 2 green onions, thinly sliced
- 1 clove garlic, minced
- 1 tablespoon butter or margarine
- 1 cup low-fat ricotta cheese
- ½ cup low-fat milk
- 1 can (6½-ounces) StarKist Tuna, drained and broken into chunks
- ½ cup shredded low-fat mozzarella cheese
- ¼ cup grated Parmesan or Romano cheese
- 2 tablespoons chopped fresh basil or 2 teaspoons dried basil, crushed
- 1 teaspoon grated lemon peel

Fresh tomato wedges for garnish (optional)

Cook tortellini in boiling salted water according to package directions. When tortellini is nearly done, in another saucepan sauté onions and garlic in butter for 2 minutes. Whisk in ricotta cheese and milk. Add tuna, cheeses, basil and lemon peel. Cook over medium-low heat until mixture is heated and cheeses are melted. Drain pasta; add to sauce. Toss well to coat; garnish with tomato wedges if desired. Serve immediately.

Preparation time: 25 minutes
Calorie count: 550 calories per serving. (Based on 4 servings.)

LIGHT ALFREDO DEL MAR
Makes 4 servings
- 8 ounces extra wide egg noodles, uncooked
- 1 12 ounce can low sodium chicken broth
- 1 12 ounce can evaporated or light evaporated skimmed milk
- 1 teaspoon minced garlic
- 3 tablespoons instantized quick mixing flour
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 cup grated Parmesan cheese
- 1 6½ ounce can StarKist Chunk Light or Solid White Tuna in Springwater, drained and flaked

Cook noodles according to package directions; drain. Meanwhile bring broth and milk to boil. Add garlic, flour, salt and pepper. Cook and stir for 30 seconds. Remove from heat, add Parmesan, cover and set aside for 5 minutes. Transfer to blender; blend until smooth. To serve, place noodles on warm plate. Top with sauce, flaked tuna; garnish with Italian parsley.

Preparation time: 17 minutes
Nutritional content per serving: 529 calories, 37 g protein, 58 g carbohydrates, 17 g fat, 126 mg cholesterol, 1195 mg sodium, 534 mg calcium.
MAIN DISH

TUNA & SHELLS DIJON
Makes 4 to 6 servings

Sauce à la Moutarde, a French classic, combines Dijon mustard, cream and lemon juice. Here's a low-calorie American interpretation.

1 cup diced red, yellow or green bell pepper
1/3 cup chopped green onions
2 teaspoons mustard seed
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
2 1/2 cups low-fat milk
3 to 4 tablespoons Dijon mustard

In a medium saucepan sauté bell pepper, onions and mustard seed in butter for 3 minutes. Sprinkle flour over mixture, stirring until blended. Add milk all at once. Cook and stir until mixture thickens and bubbles. Stir in mustard, lemon peel, salt and pepper until blended. Fold in tuna and shells; cook for 2 minutes more to heat through. Serve in 4 to 6 individual casseroles or ramekins, sprinkled with parsley.

Preparation time: 15 minutes
Calorie count: 435 calories per serving. (Based on 4 servings.)

TUNA & WILD RICE AMANDINE
Makes 4 to 5 servings

Purchase "instant" wild rice that’s been presoaked, so you can cook it whenever you need it—such as for this molded pilaf.

1 package (4 ounces) presoaked wild rice
2 cups sliced fresh mushrooms
1 cup sliced carrots
1/2 cup minced onion
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 1/2 cups low-fat milk
1 can (9 1/4 ounces) StarKist Tuna, drained and flaked
1 cup cooked white rice
1 to 2 tablespoons dry sherry
2 tablespoons toasted slivered almonds

In a 2-quart saucepan cook wild rice according to package directions, except use beef broth in place of the water. In a large skillet sauté mushrooms, carrots and onion in butter for 3 to 5 minutes, or until vegetables are crisp-tender. Sprinkle flour over mixture, stirring until blended. Add milk all at once. Cook and stir until mixture thickens and bubbles. Reduce heat; stir in cooked wild rice (drained if necessary), tuna, white rice and sherry to taste. Cook for 2 to 3 minutes to heat. Pour into a 5-cup lightly greased mold; let stand for 5 minutes. Unmold onto a serving platter; sprinkle with toasted almonds.

Preparation time: 25 minutes
Calorie count: 405 calories per serving. (Based on 4 servings.)

TUNA & HAM RISOTTO
Makes 4 servings

1 cup diced cooked ham
1 cup shredded carrots
2 leeks, white part only, sliced or 1/2 cup sliced onion
1 stalk celery, cut diagonally into thin slices
2 tablespoons olive or vegetable oil
2 cups beef or chicken broth
1/2 cup dry white wine
3/4 cup long-grain rice
1 teaspoon dried Italian seasoning, crushed
1 can (9 1/4 ounces) StarKist Tuna, drained and broken into chunks
2 tablespoons chopped parsley
2 tablespoons tomato paste

In a deep skillet or 3-quart saucepan sauté ham, carrots, leeks and celery in oil for 3 to 5 minutes, or until vegetables are tender. Stir in broth and wine; bring mixture to a boil. Stir in rice and Italian seasoning; reduce heat to medium-low. Simmer, covered, about 20 minutes, or until most of the liquid is absorbed. Stir in tuna, parsley and tomato paste; heat through.

Preparation time: 20 minutes
Calorie count: 293 calories per serving.
**MAIN DISH**

**TUNA-STUFFED ARTICHOKE**
Makes 4 main-dish or 8 appetizer servings

Fresh artichokes should have tightly closed leaves and a compact shape.

- 4 medium artichokes
- 1 1/2 cups chopped fresh mushrooms
- 1 cup diced yellow squash or zucchini
- 1/2 cup chopped green onions
- 1 clove garlic, minced
- 2 tablespoons vegetable oil
- 1 can (12 1/2 ounces) StarKist Tuna, drained and flaked
- 1/2 cup shredded low-fat Cheddar, mozzarella or Monterey Jack cheese
- 1/4 cup seasoned bread crumbs
- 2 tablespoons diced pimiento

**MAIN DISH**

**TUNA-STUFFED BAKERS**
Makes 4 servings; 2 halves per serving

Use your favorite in-season vegetables for the filling.

- 1 1/2 cups chopped or sliced fresh or frozen vegetables (suggested vegetables are: broccoli or cauliflower florets, mushrooms, carrots, pea pods, peas, asparagus or corn)
- 1 1/4 cups low-fat ricotta cheese
- 2 tablespoons drained pimiento strips
- 1 tablespoon chopped parsley (optional)
- 1/4 teaspoon dry mustard
- 1/4 teaspoon pepper
- 4 slices (1 ounce each) reduced-calorie American cheese, cut into 1/4-inch strips

**MAIN DISH**

**TUNA & ZUCCHINI-STUFFED MANICOTTI**
Makes 4 servings

Use a cookie press or pastry bag fitted with a large round tip to fill the manicotti shells easily. An iced tea spoon with a long, slender handle also works well.

- 1 cup diced zucchini
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 tablespoon vegetable oil
- 1 can (6 3/4 ounces) StarKist Tuna, drained and flaked
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan or Romano cheese
- 1 extra-large egg, lightly beaten
- 2 teaspoons dried basil, crushed
- 8 manicotti shells, cooked and drained

**MARINARA SAUCE**

- 1 1/2 cups chopped fresh tomatoes
- 1/4 cups minced parsley
- 1 teaspoon dried basil, crushed
- 1 teaspoon dried oregano or marjoram, crushed
- Salt and pepper to taste

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MAIN DISH
TUNA-STUFFED ARTICHOKEs
(continued)

With a kitchen shear trim sharp points from artichoke leaves. Trim stems; remove loose outer leaves. Cut 1 inch from the tops. Brush cut edges with lemon juice. In a large covered saucepan or Dutch oven bring artichokes and salted water to a boil; reduce heat. Simmer until a leaf pulls out easily, 20 to 30 minutes. Drain upside down.

Preheat oven to 450°F. When cool enough to handle, cut artichokes lengthwise into halves. Remove fuzzy chokes and hearts. Finely chop hearts; discard chokes. In a medium skillet sauté mushrooms, artichoke hearts, squash, onions and garlic in oil for 3 minutes, stirring frequently. Stir in tuna. Place artichoke halves, cut side up, in a lightly oiled baking dish. Mound tuna mixture in center of artichokes. In a small bowl stir together cheese, bread crumbs and pimiento; sprinkle over filling. Bake for 5 to 8 minutes, or until cheese is melted and topping is golden.

Preparation time: 35 minutes
Calorie count: 272 calories per main-dish serving; 136 calories per appetizer serving.

MAIN DISH
TUNA-STUFFED BAKERS
(continued)

Pierce potatoes twice with fork. Arrange potatoes 1 inch apart on paper towel in microwave oven. Micro-cook on HIGH power for 10 1/2 to 12 1/2 minutes, turning and rearranging potatoes halfway through cooking time. Wrap potatoes in foil; let stand for 5 minutes to finish cooking while preparing filling.

For filling, in a 2-quart microwavable casserole place desired vegetables and onions. Cover with waxed paper; micro-cook on HIGH power for 3 to 5 minutes, or until vegetables are crisp-tender, stirring twice. Drain. Stir in tuna, ricotta cheese, pimiento, parsley, mustard and pepper until well combined. Cover; micro-cook on HIGH power for 2 minutes, or until mixture is heated through, stirring once.

Unwrap potatoes; cut lengthwise into halves. Flake interior with fork. Spoon vegetable filling mixture over potatoes, mounding filling on top. Place potatoes in a shallow microwavable dish. Place strips of cheese diagonally over filling. Micro-cook on HIGH power for 1 to 2 minutes, or until cheese is melted.

Preparation Time: 20 minutes
Calorie count: 358 calories per serving

MAIN DISH
TUNA & ZUCCHINI-STUFFED MANICOTTI
(continued)

In a medium skillet sauté zucchini, onion and garlic in oil for 3 minutes; remove from heat. Stir in tuna. In a medium bowl stir together ricotta, mozzarella, Parmesan, egg and basil until blended. Stir cheese mixture into tuna mixture; set aside.

Preheat oven to 350°F. Place drained manicotti shells in a bowl of cold water. Set aside. For Marinara Sauce, in a medium saucepan stir together tomatoes, tomato sauce and herbs. Heat to a boil; remove from heat. Season to taste with salt and pepper. Transfer mixture to blender container or food processor bowl. Cover and process in 2 batches until nearly smooth. Spray a 13x9x2-inch baking dish with aerosol shortening.

Spread 1/2 cup of the Marinara Sauce over bottom of baking dish. Blot manicotti shells carefully with paper towels. Generously pipe filling into shells. In baking dish arrange manicotti in a row. Pour remaining sauce over manicotti; cover with foil. Bake for 30 minutes; uncover and bake for 5 to 10 minutes more, or until sauce is bubbly. Let stand for 5 minutes before serving.

Preparation time: 30 minutes
Calorie count: 333 calories per serving.