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U. S. DEPARTMENT OF THE INTERIOR
BUREAU OF COMMERCIAL FISHERIES

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TAKE IT EASY WITH TUNA

SPECIAL FISHERIES MARKETING BULLETIN

Easy Does It " " with TUNA



SUMMERTIME IS TUNA TIME

Wonderful tuna — flavorful convenience in a can — truly the chef's best friend. Always available, priced right and prepared so easily in so many sparkling ways. Versatile tuna goes with so many things — it flatters fruit — teams with greens — and coddles casseroles. Tuna sings in sandwiches, too! Terrific tuna, easy and elegant, bright and light, at your fingertips everywhere.

SPARKLING SALADS

Tempting Tossed Salad . . .

Spark interest in a bowl of tossed salad by adding chunks of delicious tuna.

Tuna Potato Salad . . .

Send an old stand-by soaring to new flavor heights by mixing chunks of tuna with your favorite potato salad.

Tuna Louis . . .

Top shredded lettuce with a generous portion of flaked tuna. Cover with a spicy Louis Dressing and garnish with tomato wedges.

Tuna Slaw . . .

Give added interest to a crisp cabbage slaw with chunks of luscious tuna.

Macaroni Salad . . .

For a delicious flavor accent, try adding chunks of tuna to your macaroni salad.

Glorified Fruit Salad . . .

Make a summer fruit salad extraordinarily good with the addition of chunks of tuna and a sprinkling of toasted almonds.

Summer Seagarden . . .

Tomatoes stuffed with tuna salad are hearty main dish salads for hot weather appetites.

Surprise Aspic . . .

Accent a spicy tomato aspic by folding in flakes of hearty tuna. Serve on salad greens, garnish with avocado slices and nippy sour cream dressing.

Summer Sparkler . . .

As a variation on the ever popular waldorf salad add chunks of tuna for a wonderful flavor combination.

QUICK CASSEROLES

Tuna-Macaroni Au Gratin . . .

Add chunks of tuna to your macaroni and cheese. Bake in individual casseroles with a tomato slice on top.

Tuna Stroganoff . . .

For an easy but elegant luncheon dish serve Tuna Stroganoff. Heat tuna, condensed tomato soup, sour cream, and sliced mushrooms. Season with tabasco, Worcestershire sauce, a little salt and pepper. Serve over parsley-rice.

Tuna Italienne . . .

Make a sure-fire hit with Tuna Lasagne. Use

your own special lasagne recipe but use tuna in place of the regular meat.

Tuna Imperial . . .

Combine tuna, condensed cream of mushroom soup, cooked peas, and a dash or two of pepper. Place in individual casseroles, top with grated cheese and bake until heated through.

Tuna Tomato Medley . . .

Stuff tomatoes with a combination of flaked tuna, cooked rice, grated cheese, beaten egg, and seasonings. Bake until tomatoes are tender.

Tuna Casserole Quickie . . .

Make a casserole of tuna and drained cut green beans, topped with cream of mushroom soup sauce subtly seasoned with curry powder. Sprinkle with a mixture of grated cheese and bread crumbs. Bake until bubbly.

Southern Tuna Favorite . . .

Add chunks of tuna to a rich and colorful a la king sauce. Serve over hot cornbread. Delicious!

SATISFYING SANDWICHES

Open Face Special . . .

On toast — arrange crisp lettuce, tomato slices, and flaked tuna. Top with Louis Dressing and garnish with hard-cooked egg slices.

Tuna Cheese Dreams . . .

Make a delightful sandwich spread by combining flaked tuna, cream cheese, chopped ripe olives, toasted slivered almonds, and drained crushed pineapple, mixed to spreading consistency with a little lemon juice.

Tuna-Cheese Melting Moments . . .

Spread bread with mustard-butter. Cover with tuna salad and top with a slice of pimiento

cheese. Bake in a very hot oven until bread toasts and cheese melts. Wonderful with soup or a chef's salad.

Luncheon Special . . .

Tuna salad sandwiches, dipped in french toast batter, and fried to a golden brown. Wonderfully good!

Meal in One . . .

Variation on a popular theme — Tuna Submarine. Spread submarine rolls with your favorite tuna salad. Top with onion rings, tomato slices, cheese, and lettuce.

Tuna Pizza . . .

Looking for a new pizza flavor combination? Spread pizza crusts with pizza sauce, and top with flaked tuna, ripe olives, and mozzarella cheese.

Hot and Hearty . . .

Serve a thick, juicy tuna burger topped with a tomato slice and mayonnaise.

Tuna Rarebit Deluxe . . .

A super duper luncheon sandwich! Add chunks of tuna to cheese or tomato rarebit and serve piping hot over asparagus spears on toast.