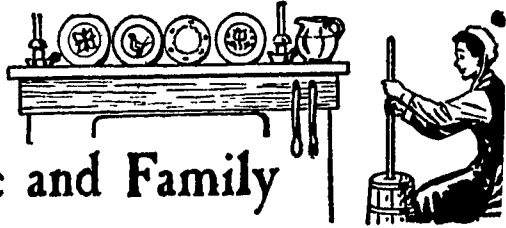


## For the Farm Wife and Family



### Tuna Is Versatile

by Mrs. Richard C. Spence

Nutritionally, tuna is one of the greatest protein foods. It has been proved that the daily requirements of essential amino acids, the essential building blocks of body proteins are supplied by an average serving of canned tuna. Canned tuna also has a high content of vitamin B-12, which helps to build body protein and vital red blood cells.

Beside its protein content tuna also provides a considerable portion of the daily minimum requirement of iodine, the element which prevents the development of goiters, it has a high flourine content which contributes to tooth development and helps protect against future dental decay; it also ranks high in phosphorus and vitamins.

The value of tuna to the homemaker, however, extends far beyond its nutritional qualities. One of its greatest advantages is its versatility.

Not only does tuna make a flavorful dish when served alone, but it lends itself in combination with so many other foods, to such "extenders" as macaroni products, rice and potatoes; or to egg dishes such as omelets and souffles, or to an endless number of vegetables.

When combined with another food in casseroles and main-course dishes, a single six and one-half or seven-ounce can of tuna is ample for as much as four to six servings.

The economy value of tuna is another advantage. There is absolutely no waste in a can packed compactly and

compressed to assure solid value to the consumer.

By combining tuna with biscuits, you can stretch a 6½-ounce can of fish around the family table. Tuna Rolls are pinwheel biscuits filled with a mixture of tuna, peas and cream of mushroom soup. Serve two rolls with sauce per person.

#### TUNA ROLLS

1 can (1 pound) peas  
1 can (6½ ounces) tuna, drained, flaked  
1 can (10½ ounces) condensed cream of mushroom soup, undiluted  
2 cups biscuit mix  
Heat oven to 400 degrees  
Drain peas; retain ¼ cup of liquid. Combine 1 cup peas, tuna and ½ can soup. Prepare biscuit mix following directions on package. Roll dough into rectangle 10"x12". Spread with tuna mixture. Roll lengthwise, jello-

roll fashion; cut into twelve slices. Place on greased baking sheet. Bake 20 minutes or until browned and baked through. To make sauce, combine remaining soup, peas and liquid from peas; heat. Serve over tuna rolls. Makes six servings (2 rolls each).

In Carnival Tuna Bake — named so because it's most colorful—tuna is sauced with condensed vegetarian vegetable soup and topped with pinwheels of biscuit mix and sharp cheese.

#### CARNIVAL TUNA BAKE

1 can (10½ ounces) condensed vegetarian vegetable soup, undiluted.  
3 tablespoons flour  
1 can (6½ ounces) tuna drained, flaked  
Baking powder biscuit recipe, using 1 cup flour  
½ cup grated sharp process cheese  
2 tablespoons chopped pimento  
Heat oven to 400 degrees.  
Dilute soup with ½ can water; heat. Mix remaining ½ can water with flour. Stir into hot soup. Cook, stirring until mixture comes to a boil and thickens. Add tuna. Turn into round baking dish (8½"x1½"). Prepare biscuit dough; roll into rectangle 8" by 10". Sprinkle with cheese and pimento. Starting at short end, roll jelly-roll fashion. Cut into 12 slices. Place on tuna mixture. Bake 15 to 20 minutes or until biscuits are golden brown. Makes 4 servings.

#### TUNA-CHEESE PIE

Pastry:  
½ cup shredded sharp Cheddar cheese

1 10-ounce package pie crust mix  
4-5 tablespoons water  
Add cheese to pie crust mix. Add water; mix. Roll half of pastry to 12-inch circle, fit into 9-inch foil pie pan; chill. Roll other half of pastry to 10-inch circle; cut into ¾ inch strip; reserve for lattice topping.

Filling:  
2 tablespoons butter  
¼ cup finely chopped green pepper  
¼ cup finely chopped onion  
1 10½ ounce can cream of celery soup, undiluted  
½ cup shredded sharp Cheddar cheese  
2 No. 8½ or 7 ounce cans chunk-style tuna, drained  
½ cup chopped pimiento

Melt butter; add green pepper, onion; cook until tender. Add soup, cheese; stir until blended. Add tuna, pimiento; toss lightly. Cool mixture. Pour into pie shell. Make lattice top on pie; flute edges of pastry. Bake 30 minutes at 400 degrees. Makes 6 servings.

Note: This pie may be cooked, wrapped in aluminum foil and stored in freezer for about 3 weeks. To bake frozen pie, unwrap and bake 40-45 minutes at 400 degrees.

Thyme and tarragon give enticing flavor to Tuna Herb Casserole. Cooking with herbs will be fun for you and your family. Soon you'll

all be able to identify different flavors. Macaroni dishes especially respond "herb magic." The bluish waxy flavor of durum wheat combines with many other foods. By adding herbs and spices, you create an even greater array of tempting dishes.

#### TUNA HERB CASSEROLE

8 ounces elbow macaroni  
1 tablespoon butter or margarine  
¼ cup finely chopped onion  
2½ cups condensed tomato soup (two 10½ ounce cans)  
1¼ cups water  
¼ teaspoon thyme  
¼ teaspoon tarragon  
1 cup drained flaked tuna (7-ounce can)  
1 cup grated sharp cheddar cheese  
Cook macaroni in boiling salted water until tender about 7 minutes. Drain. While macaroni is cooking, melt butter or margarine in saucepan. Add onion and cook until tender. Stir in tomato soup. Gradually blend in water, mixing until smooth. Stir in herbs and tuna. Cook on low heat about 10 minutes. Remove from heat and blend in ¼ cup of the cheddar. Add macaroni to tuna mixture. Turn into 2 quart casserole, and top with remaining ¼ cup cheese. Bake moderate oven (350 degrees) about 15 minutes. Makes 6 servings.

Tuna is a natural for salads—

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