

BROILED SWORDFISH

TO PREPARE: 10 MIN. TO BROIL: 13 TO 16 MIN.

- 2 swordfish steaks (about 1 lb. each), cut about $\frac{3}{4}$ in. thick
- $\frac{1}{4}$ cup butter, melted
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- 6 slices canned pineapple

1. Set temperature control of range at Broil (500°F or higher). Grease a broiler rack.

2. Place swordfish steaks on broiler rack. Brush with some of the melted butter and season with some of the salt and pepper. Broil 5 to 8 min. with top of fish 2 in. from source of heat.

3. Turn fish, brush with some of the butter, and season with salt and pepper. Broil 5 min. longer. Brush pineapple slices with remaining butter. Place on broiler rack with fish and broil 3 min. longer, or until fish flakes easily (separates into thin, layer-like pieces).

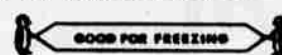
4. Serve fish with **Lemon-Butter Sauce**.

About 6 servings

For Lemon-Butter Sauce—Combine $\frac{1}{2}$ cup butter, melted, $\frac{1}{4}$ cup lemon juice, and 1 tablespoon chopped parsley.

TUNA-SPAGHETTI CASSEROLE

TO PREPARE: 30 MIN.
TO HEAT: 25 MIN.



- 2 $6\frac{1}{2}$ -oz. cans tuna, drained and separated into large pieces
- 8 oz. spaghetti
- 2 tablespoons butter or margarine
- $\frac{1}{2}$ clove garlic (thin, papery outer skin removed), crushed in a garlic press or minced
- 3 tablespoons chopped green pepper
- 2 tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce

1. Grease a 2-qt. casserole.
2. Cook spaghetti according to directions on package. Drain and rinse.
3. Heat butter in a saucepan. Add garlic and green pepper and cook over low heat about 5 min., stirring occasionally. Blend in a mixture of flour, salt, and paprika. Heat until mixture bubbles, stirring constantly.
4. Remove from heat. Blend in Worcestershire sauce and mustard. Add soup and milk gradually, stirring constantly. Continue stirring and cook

- 1 teaspoon prepared mustard
- 1 $10\frac{1}{2}$ - to 11-oz. can condensed cream of celery soup
- $1\frac{1}{2}$ cups milk
- 1 tablespoon lemon juice
- 4 large pimiento-stuffed olives, sliced
- 2 tablespoons butter or margarine, melted
- $\frac{1}{3}$ cup fine dry bread crumbs
- 1 tablespoon shredded Parmesan cheese
- 2 hard-cooked eggs, sliced

until sauce is smooth and slightly thickened. Remove from heat. Stir in the lemon juice, olives, tuna, and cooked spaghetti.

5. Turn mixture into casserole. Sprinkle outer edge with a mixture of melted butter, bread crumbs, and Parmesan cheese.

6. Heat in a 350°F oven about 25 min., or until mixture is thoroughly heated and crumbs are browned. Garnish with slices of hard-cooked egg and sprinkle with paprika.

About 8 servings

New ideas for Lent! Real homemade

CHEESE SAUCE IN 3 MINUTES ...and TUNA FRITTERS

The secret is Carnation—the double-rich milk that whips!

RECIPE:

CARNATION 3-MINUTE CHEESE SAUCE with TUNA FRITTERS

(Makes about 6 servings)

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| TUNA FRITTERS | $1\frac{1}{2}$ cups (9 $\frac{1}{4}$ -oz. can) tuna (or diced, cooked ham) |
| 2 cups all-purpose biscuit mix | 2 tablespoons finely chopped onion |
| 1 teaspoon seasoned salt | 2 tablespoons finely chopped green pepper |
| 1 egg | 2 tablespoons chopped parsley |
| $\frac{3}{4}$ cup (small can) undiluted CARNATION EVAPORATED MILK | $\frac{1}{2}$ cup chopped celery |
| 2 tablespoons lemon juice | Fat or oil for frying |

Blend biscuit mix, seasoned salt, egg, Carnation and lemon juice in bowl. Add remaining ingredients and blend well. Drop from teaspoon into deep hot fat (375°F.), or into $\frac{1}{2}$ inch hot fat in frying pan. Fry $1\frac{1}{4}$ to 2 minutes. Turn and fry on other side. Drain on absorbent paper. Serve at once with Carnation 3-Minute Cheese Sauce (recipe below).

3-MINUTE CHEESE SAUCE

Simmer $1\frac{1}{2}$ cups (large can) undiluted CARNATION EVAPORATED MILK and $\frac{1}{2}$ teaspoon salt in saucepan over low heat to just below boiling (about 2 minutes). Add 2 cups (about 8 ounces) grated process American cheese. Stir until thickened and smooth (about 1 minute longer). Serve over tuna fritters. Wonderful, too, over hamburger-on-a-bun, meat loaf, in baked potatoes and on macaroni and green vegetables.

