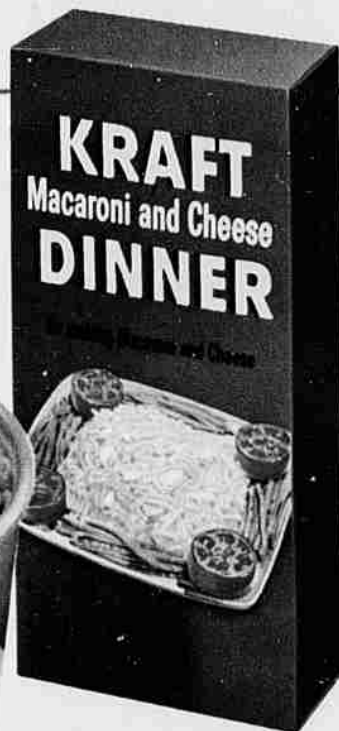


Smart beginning for delicious meatless meals



It's a smart shopper who keeps Kraft Macaroni Dinner on hand—especially during Lent. Team it with canned tuna or salmon, or serve it with frozen fish sticks or fillets for family-pleasing main dishes that are ready in minutes! Or have Kraft Dinner plain for marvelous home-cooked macaroni and cheese that's creamy all through with mellow cheddar goodness.

WITH FROZEN FISH STICKS OR FILLETS

WITH CANNED TUNA OR SALMON



TUNAMATO DINNER. Sauté 2 T. minced onion in 2 T. Parkay Margarine till tender. Mix with 1 package of Kraft Macaroni and Cheese Dinner, prepared as package directs. Add a 7-ounce can of tuna (drained and flaked), a 10-ounce can of tomatoes (1½ c., drained), 2 T. chopped parsley, ¼ tsp. salt. Cook 10 minutes over low heat, stirring occasionally.



LENTEN PLATTER. Prepare 1 package Kraft Macaroni and Cheese Dinner as directed on package. Add 1 hard-cooked egg, diced, ¼ c. sliced stuffed olives, and one 10½-ounce can condensed cream of mushroom soup. Cook over low heat for 10 minutes. This is good with broiled or baked fish sticks or fillets. Garnish with hard-cooked egg wedges.

2 more good
Dinners from Kraft
to have on hand

