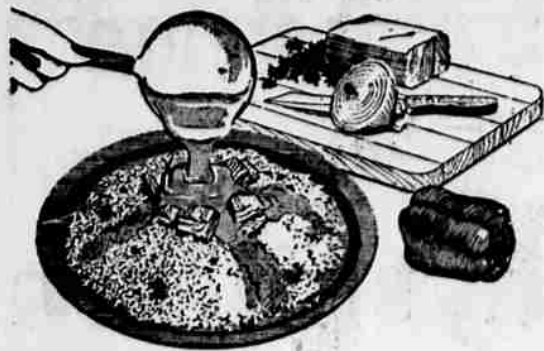




**TUNA RICE AU GRATIN** is a delicious new Lenten recipe which will produce a tasty Lenten meal in a very few minutes. The recipe has been developed using Carnation Evaporated Milk and Minute Rice.

### Quick Cooking Tasty Entree

This delicious Lenten meal features Carnation's Three-Minute Cheese Sauce with tuna and rice mixture. It is quick, easy and nourishing.

- 1 1/2 cups water
- 1/2 cup chopped green pepper (optional)
- 2 tablespoons finely chopped onion
- 2 tablespoons chopped pimiento
- 1/2 teaspoon salt
- 1 1/3 cups Minute Rice (4 1/2 ounce box)
- 2 1/2 cups Carnation 3-Minute Cheese Sauce
- 1 cup (7 ounce can) tuna, drained and flaked

Bring water, pepper, onion, pimiento and salt to boil in saucepan. Add rice and mix just to

moisten all the rice. Cover; remove from heat and let stand about 5 minutes.

#### CHEESE SAUCE

- 1 2-3 cups (large can) undiluted Carnation Evaporated Milk
- 1/2 teaspoon salt
- 2 teaspoons dry mustard
- 2 cups (about 8 ounces) grated process type American cheese

Simmer Carnation, salt and mustard in saucepan over medium heat to just below boiling (about 2 minutes). Add cheese, stir over medium heat until cheese melts—about 1 minute longer. Makes 2 1/2 cups of rich cheese sauce.

Add tuna to sauce. Arrange hot rice mixture in mounds on plates. Serve tuna-cheese sauce over rice. Makes six servings.



**WREATHED** with buttered bread crumbs and garnished with lemon wedges, this salmon casserole is equally at home on dining table or buffet. Salmon is a welcome entree during Lent.

### Salmon Casserole

The season of Lent is a challenge to the originality and creativeness of the woman of the house. Careful planning is necessary to keep menus attractive, particularly if there are a few guests invited. Most Lenten entertaining is impromptu, and of course, informal but a few casserole ideas are good to have in the file.

Planning the menu around a single casserole which is quick, easy and economical to make is a good idea, particularly if the dish can be put together ahead of time and just heated through for dinner. Casseroles are easy to serve, too, because they come straight from the oven and travel piping hot to the table.

Nearly everyone enjoys the flavorful, honest goodness of a fish casserole and perhaps the most widely used fish for this dish is salmon.

There is wide disagreement between cooks and between tastes in one part of the nation and another as to the proportion of cracker crumbs to salmon. The inlanders, raised away from the seacoast, often prefer about equal amounts. Recipes concocted on the Oregon Coast frequently call for as little as one-fourth cup of crumbs to a pound of salmon.

Here is a recipe from the Canned Salmon Institute which layers the ingredients in a bowl before placing in the casserole. (Our own recipe uses cracker crumbs, one beaten egg and omits the half cup of melted butter.)

#### SCALLOPED SALMON

- 1 pound canned salmon (2 cups)
- 2 tablespoons lemon juice
- 1 tablespoon chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 2 tablespoons butter
- 1 cup (1 can) sliced mushrooms
- 1/2 cup bread crumbs
- 1/2 cup melted butter
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

#### Dash of Tabasco

1/2 cup milk  
Salmon liquid from the can  
Reserve the liquid from the can of salmon and flake the salmon into a bowl. Sprinkle the salmon with the lemon juice and set aside. In a small saucepan saute the onion, celery and green pepper in the 2 tablespoons butter until the onion is transparent. Stir in the mushrooms and set aside. Combine the remaining ingredients.

In a buttered 1-quart casserole place a layer of salmon, a layer of the vegetable mixture and a layer of the bread crumb mixture. Continue until all ingredients are used, ending with a layer of the bread crumbs. Bake the casserole in a 350 degree oven for 30 minutes and serve very hot. Serves four.

### LENTEN SPECIAL

A Lenten special which will soon become a family favorite is Marquette Tuna Supper. And it's all so easy: buttered hot toast is covered with slices of smooth, elegant-tasting Calavo avocado and topped with creamed tuna. It's good news to all to know Calavo avocados are budget priced this year while their quality maintains its usual high standard.

#### MARQUETTE TUNA SUPPER

- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1 1/2 cups milk
- 1 (6 1/2 or 7-ounce) can tuna
- 2 tablespoons chopped parsley
- 1 medium-sized Calavo avocado
- Toast

Melt butter and blend in flour and salt. Add milk and cook and stir until thickened. Blend in coarsely flaked tuna and parsley, and heat thoroughly. To prepare avocado, cut into halves and remove seed and skin. Cut avocado into thin lengthwise slices, and arrange over hot toast. Top with creamed tuna. Serve at once. Makes 4 servings.

### BAKED PEARS

Set the dial of automatic electric skillet for 260 degrees. Place 1-3 cup apple juice, 1 tablespoon butter and 1/2 cup brown sugar in the skillet and stir occasionally until sugar dissolves. Allow sugar-juice mixture to boil until it starts to thicken and caramelize, about five minutes. Place four pears which have been cut in half and cored in the syrup, cut side down. Cover and cook for 15 minutes or until pears are tender.

### PEAR SALAD

On each salad plate, arrange bed of greens. Wash pears, cut in half. Remove cores and cut one half of each pear into four slices, keeping the other pear half intact. Place pear half on greens, fill center with cottage cheese and top with toasted slivered almonds. Arrange four pear slices around pear half and garnish with red grapes, canned cherries or fruit in season. Serve with Nalley's Sour Cream or Fruit Salad Dressing.

### LENTEN DISH

Turn creamed eggs into a shallow container, sprinkle generously with grated Parmesan cheese and brown under the broiler. Serve with buttered toast.

### CHINESE CABBAGE

This interesting vegetable on our market today is served broken into chunks as one of the salad greens or steamed until just barely done and then drained and seasoned with salt, pepper and butter.

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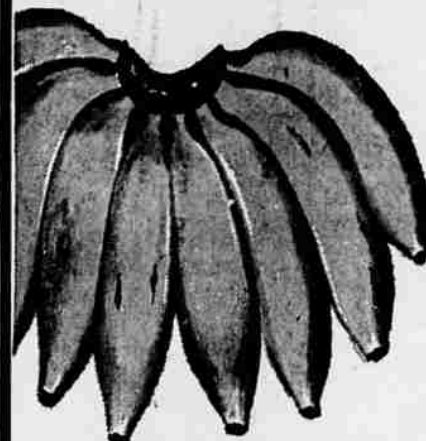
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