

Hearty Tuna Casserole



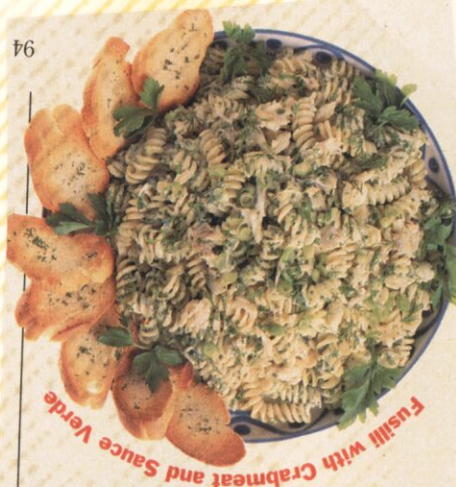
This is a great recipe to keep on hand for a quick meal. Zucchini and tomatoes add a fresh taste to the casserole.

FUSILLI WITH CRABMEAT AND SAUCE VERDE

Makes 8 servings at \$3.28 each.
using crabmeat; \$1.03, using surimi.
Prep: 20 minutes.

- 1 1/2 bunches fresh dill
- 1 1/2 cups parsley leaves
- 3 green onions, sliced
- 2 tablespoons capers
- 2 tablespoons water
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 8 ounces sour cream
- 1/2 cup mayonnaise
- 1 pound lump crabmeat OR: surimi
- 1 1/2 pounds fusilli, cooked according to package directions and cooled under cold tap water

Puree dill, parsley, green onion, capers, water, lemon juice, salt and pepper in food processor. Transfer to large bowl. Stir in sour cream and mayonnaise. Fold in crabmeat and pasta. This dish tastes best if made a day ahead and refrigerated.



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Tips:

You may substitute canned, drained and flaked salmon for the tuna. You may add some chopped fresh parsley, dill, basil or chives to the casserole.

- For 4 to 6 servings you will need:**
- 2 cans (6 1/2 oz. each) chunk-style tuna
 - 6 oz. (3 cups) uncooked egg noodles
 - 1/2 cup chopped celery
 - 1/2 cup sliced green onions
 - 2 tsp. mustard
 - 1/2 cup mayonnaise
 - 1/2 tsp. dried thyme leaves
 - 1/4 to 1/2 tsp. salt
 - 1 cup shredded Monterey Jack cheese
 - 1 small zucchini, scrubbed, sliced
 - 1 medium tomato, chopped
- Preparation:**
- 1 Drain and flake the tuna. Set aside.
 - 2 Cook noodles according to package directions. Drain and rinse in hot water.
 - 3 Combine noodles with the tuna, celery and green onions.
 - 4 Blend in the sour cream, mustard, mayonnaise, thyme and salt.
 - 5 Spoon half the mixture into a buttered 2-quart casserole. Top with half the zucchini. Repeat layers.
 - 6 Top with the cheese.
 - 7 Bake at 350°F for 30 minutes or until hot and bubbly.
 - 8 Sprinkle with the chopped tomato.

Baking time: 30 to 40 min.
Preparation time: 20 min.



Oven temperature:
350°F



Microwave cooking:
see other side

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