

Canned Tuna Recipes

Neighbors, Inc., South St. Paul, MN 55075



Menu Makers Tuna Dip

You will need:

1 (5 oz.) can tuna, very well drained and flaked	$\frac{1}{2}$ cup thinly sliced green onions	$\frac{1}{4}$ cup mayonnaise
1 (8 oz.) package cream cheese, softened	1 tbsp. lemon juice	$\frac{3}{4}$ tsp. curry powder
dash of salt	bread or crackers	

Instructions:

- In a large bowl, combine all ingredients except tuna and crackers/bread.
- Stir in tuna. Serve with crackers or bread.

Menu Makers Tuna Casserole

You will need:

2 (5 oz.) cans tuna, drained	1 (12 oz.) package egg noodles	$\frac{1}{4}$ cup chopped onion
1 cup frozen green peas	2 (10.75 oz.) cans condensed cream of mushroom soup	
2 cups shredded Cheddar cheese	$\frac{1}{2}$ (4.5 oz.) can sliced mushrooms	1 cup crushed potato chips

Instructions:

- Preheat oven to 425 degrees F. Bring a large pot of lightly salted water to a boil.
- Cook pasta in boiling water 8 - 10 min. until al dente. Drain.
- In a large bowl, thoroughly mix noodles, onion, 1 cup of cheese, peas, tuna, soup and mushrooms.
- Transfer to a 9x13 inch baking dish. Top with potato chip crumbs and remaining 1 cup of cheese.
- Bake for 15 - 20 minutes or until cheese is bubbly.

Menu Makers Tuna Linguini

You will need:

2 (5 oz.) cans tuna, drained	8 oz. uncooked linguine	1 fresh red bell pepper, chopped	
$\frac{1}{2}$ cup parmesan cheese	1 tbsp. minced garlic	1 tsp. salt	$\frac{1}{2}$ tsp. pepper
olive oil for cooking			

Instructions:

- Cook linguini according to package instructions. Reserve $\frac{1}{2}$ cup cooking water.
- In a large skillet over medium heat, saute olive oil and garlic. Cook 1 minute.
- Add chopped red pepper. Season with salt and pepper. Stir in tuna.
- Add linguini and reserved cooking water. Add parmesan cheese.
- Toss pasta until well blended and serve.

Menu Makers Tuna Salad

For the dressing you will need:

1 large garlic clove, chopped or crushed $\frac{3}{4}$ cup olive oil 3 tbsp. lemon juice

For the salad you will need:

2 (5 oz.) cans tuna, drained 4 oz. ruffled egg noodles 1 cup pitted black olives, halved
1 large sweet red bell pepper, seeded and cut into slivers $\frac{1}{4}$ cup capers (optional)
 $\frac{1}{3}$ cup parsley, chopped salt and pepper

Instructions:

- Cook noodles according to package instructions. Drain noodles and toss with dressing.
- Add remaining ingredients and toss to combine. Serve at room temperature or slightly chilled.

Menu Makers Tuna Burgers

You will need:

1 (5 oz.) can tuna, drained 1 egg $\frac{1}{4}$ cup onion, finely chopped
 $\frac{1}{4}$ cup plain or seasoned breadcrumbs $\frac{1}{4}$ cup mayonnaise $\frac{1}{4}$ cup celery, finely chopped
 $\frac{1}{4}$ sweet red pepper, finely chopped dash of Worcestershire sauce salt and pepper as desired
dash of hot pepper sauce or cayenne pepper, to taste cooking spray or oil

Instructions:

- Combine all ingredients and mix well.
- Refrigerate mixture for about 30 minutes to make it easier to shape four patties.
- Heat frying pan over medium heat after coating with cooking spray or 1 tbsp. oil.
- Fry patties for 3 - 4 minutes on each side.
- Add slice of cheese melted on top. Serve on small hamburger bun with tomato slice, lettuce and mayo.

Menu Makers Tuna Melt

You will need:

2 (5 oz.) cans tuna, well drained $\frac{1}{4}$ cup mayonnaise $\frac{1}{4}$ cup finely chopped celery
1 $\frac{1}{2}$ tbsp. finely chopped onion 1 tbsp. chopped parsley $\frac{3}{4}$ tsp. red wine vinegar
1 pinch of salt and 1 pinch of pepper 4 slices of seedless rye bread 8 slices ripe tomato
8 slices Swiss cheese paprika, for garnish

Instructions:

- Preheat the oven broiler. In a bowl, mix tuna, mayonnaise, celery, onion, parsley and vinegar.
- Season with salt and pepper. Place rye bread slices on a baking sheet. Broil until lightly toasted.
- Remove from heat and spread with the tuna salad.
- Place one cheese slice over the tuna salad on each piece of bread. Layer with a tomato slice.
- Top with remaining cheese slices. Return layered bread to the preheated oven.
- Broil 3 - 5 minutes until cheese is melted.