

CSFP
Recipe of the Month
June 2010

*June is Dairy Month....here is a recipe with cheese, milk, and cream soup---
ingredients containing important nutrients from dairy foods!*

Baked Tuna Macaroni Salad

Makes 6 servings

Macaroni, uncooked whole wheat or regular	8 ounces (2 cups)
Tuna, rinsed and drained	1 can (12 ounces)
Milk, evaporated	1/2 cup
Cheddar cheese, shredded	1 cup
Cream of mushroom soup, condensed	1 can (10 1/2 ounces)
Onion, chopped	1/2 cup
Green pepper, chopped	1/2 cup
Celery, chopped	1 cup
Pepper	1/4 teaspoon
Breadcrumbs	1/2 cup



Directions:

1. Preheat oven to 425 degrees F.
2. Coat a 9x13-inch baking dish with nonstick cooking spray
3. Cook macaroni according to directions on the package.
4. In a large bowl, mix macaroni, tuna, evaporated milk, shredded cheese, cream of mushroom soup, onion, green pepper, and celery. Season with pepper.
5. Place tuna mixture in baking dish.
6. Sprinkle with breadcrumbs.
7. Bake uncovered for 15 minutes.

Notes:

1. For variety and color, add 1/2 cup grated carrot to tuna mixture.
2. Add 1/4 cup toasted almonds.
3. Try a variety of shredded cheeses—lowfat cheddar, Swiss cheese, or Colby.
4. Substitute 3 cups of chopped cooked chicken for the tuna; use cream of chicken or cream of celery soup, if desired.
5. Lower the sodium content of the recipe by using low sodium cream soups.

Questions or concerns? Call the Vermont Foodbank: 1-800-214-4648

*****CSFP Recipe of the Month*****

Because we cannot predict which foods will actually arrive in your food package, the recipe may not always use ingredients that you receive in a given month.