

## **Chicken of the Sea Pot Pie**

1 can (12 oz.) Chicken of the Sea® Chunk Light or Solid White Tuna,  
drained and flaked  
1 cup water  
1 tsp. (1 cube) chicken-flavored bouillon  
1 cup frozen vegetables  
1 cup milk  
2 Tbsp. cornstarch  
1/2 to 1 cup shredded cheddar cheese  
1 can (8 oz.) refrigerated crescent roll dough

In medium saucepan, combine water, vegetables and bouillon. Bring to a boil; cook for two minutes over medium heat. Dissolve cornstarch in milk; stir into vegetables and cook until thickened. Stir in tuna and cheese. Spoon mixture into four (1 to 1 1/2 cup) individual pie pans or casserole dishes. Separate crescent dough into four rectangles; firmly press topping down, crisscrossing six dough strips over each pot pie; trim excess dough. Bake pies at 375°F for 15 to 20 minutes. Makes 4 servings.

PREP TIME: 20 minutes

BAKE TIME: 15 to 20 minutes

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## **Tuna Twist Casserole**

8 oz. uncooked corkscrew pasta

2 Tbsp. margarine or butter  
2 cups (8 oz.) frozen mixed vegetables, thawed  
1 large clove garlic, minced  
1 can (10 3/4 oz.) condensed cream of mushroom soup  
1 cup milk  
1 1/2 cups (6 oz.) shredded mozzarella cheese  
1/8 tsp. pepper  
1 can (12 oz.) Chicken of the Sea® Chunk Light or Solid White Tuna, drained

Cook pasta according to package directions; drain. In a large saucepan or skillet, sauté vegetables and garlic in melted margarine or butter until vegetables are crisp and tender. Stir in soup, milk, cheese and pepper and cook over medium heat, stirring frequently, until cheese is melted. Stir in pasta and tuna. Cook until heated through. Makes 4 to 6 servings.

PREP TIME: 10 minutes

COOK TIME: 15 to 20 minutes

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## **Tuna-Chiladas**

1 can (10 3/4 oz.) condensed cream of chicken soup  
1/2 cup dairy sour cream  
1 can (4 1/2 oz.) chopped green chiles  
2 Tbsp. margarine or butter  
1/2 cup chopped onion  
1 tsp. ground cumin or chili powder

2 cans (12 oz. each) Chicken of the Sea® Chunk Light or Solid White Tuna, drained and flaked  
10 (7 inch) flour tortillas  
1 cup (4 oz.) shredded cheddar or cheddar/jack cheese  
Chopped fresh parsley

Combine soup, sour cream and chiles; set aside. In medium saucepan, sauté onion and cumin in melted margarine until onion is tender. Stir in 1/2 cup soup mixture and tuna. Spread about 1/3 cup tuna mixture along center of each tortilla; roll up tortillas and place seam side down in greased 13" x 9" baking pan. Spread remaining soup mixture over tortillas. Cover pan with foil and bake at 400° F for 20 minutes; uncover and sprinkle with cheese. Bake uncovered 5 to 10 additional minutes until cheese melts. Garnish with parsley. Makes 5 servings.

PREP TIME: 20 minutes

COOK TIME: 15 to 20 minutes

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## **Caesar Wraps**

4 cups romaine lettuce, torn into bite-size pieces  
1/3 cup creamy Caesar salad dressing  
1 can (12 oz.) Chicken of the Sea® Chunk Light or Solid White, well drained  
1/2 cup Caesar croutons  
1/4 cup grated parmesan cheese  
4 (9 to 10 inch) flour tortillas

Toss lettuce with Caesar salad dressing to coat. Add tuna, croutons and parmesan cheese; toss to combine. Spoon salad mixture onto each tortilla near one edge. Roll up tortillas beginning with edge nearest salad. Seal end with a small dollop of additional Caesar dressing. Cut tortillas in half to serve. Makes 4 servings.

PREP TIME: 10 minutes

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### **The Snowman's Party Dip**

1 envelope unflavored gelatin  
1/4 cup water  
2 tubs (8 oz. each) chive and onion cream cheese  
3 Tbsp. prepared horseradish  
1 clove garlic, finely minced  
Fresh ground pepper  
1 red pepper  
2 cans (12 oz. each) Chicken of the Sea® Chunk Light or Solid White tuna, well drained and flaked  
1 cup (4 oz.) finely shredded mozzarella cheese

Soften and dissolve gelatin in 1/4 cup water according to package directions. Blend cream cheese, horseradish, garlic, pepper and dissolved gelatin. Cut top from red pepper, discard. Cut 3/8 inch slice from pepper for hat brim, then cut pepper in half lengthwise. Reserve 1/2 of red pepper for hat and finely chop remaining half. Stir chopped red pepper and tuna into cream cheese mixture. Press the tuna mixture into a snowman shape, cover and refrigerate for

at least three hours. Prior to serving, coat with shredded cheese. Decorate with olives, carrot and red pepper half. Serve with crackers, bread rounds or sliced vegetables.

PREP TIME: 20 minutes

COOK TIME: 3 hours

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### **Chicken of the Sea Shells**

3 cups uncooked shell pasta

2 cups (8 oz.) shredded processed cheese

2 tablespoons grated parmesan cheese

1/2 cup milk

1 can (12 oz.) Chicken of the Sea®Chunk Light or Solid White, drained

Cook shell pasta according to package directions; drain and set aside. Stir processed and Parmesan cheese into milk in saucepan; cook over medium heat until cheese is melted. Stir in pasta and tuna.

Makes 4 servings.

PREP TIME: 10 minutes

COOK TIME: 15 to 20 minutes

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## **Tuna Dip**

1 can (12 oz.) Chicken of the Sea® Chunk Light or Solid White Tuna, drained and flaked  
1 1/2 cups sour cream  
1/3 cup salsa  
2 tsp. fresh lemon juice  
1 egg white, hard-cooked, chopped  
1 Tbsp. vinegar and oil salad dressing  
Dash of cumin or hot sauce (optional)

Combine sour cream, salsa, salad dressing, lemon juice and cumin or hot sauce. Stir in tuna and egg white. Cover and refrigerate until chilled. Makes 2 cups.

**PREP TIME:** 10 minutes

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## **San Francisco Tuna Sandwich**

1 can (12 oz.) Chicken of the Sea® Chunk Light or Solid White Tuna,  
drained and flaked  
1 cup fresh basil, chopped  
4 cloves garlic, crushed  
1/4 cup light mayonnaise  
2 Tbsp. grated parmesan cheese  
Salt and pepper to taste  
8 slices sourdough bread  
Lettuce leaves  
Sliced tomatoes  
Thinly sliced red onion  
4 slices mozzarella cheese

Combine basil, garlic, mayonnaise, and parmesan cheese; stir in tuna and season to taste with salt and pepper. Toast sourdough bread slices. Layer half of the slices with tomatoes, tuna mixture, sliced onions and mozzarella slices. Place under broiler until warm and bubbly. Top with lettuce leaves and remaining bread slices. Makes 4 sandwiches.

PREP TIME: 15 minutes

BROIL TIME: 5 minutes

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## **Acapulco Salad**

1 can (12 oz.) Chicken of the Sea® Chunk Light or Solid White Tuna, drained and flaked  
12 cups mixed salad greens (romaine, leaf, radicchio, savoy, endive)  
2 cups diced tomatoes  
1/2 cup diced avocado  
1/2 cup sliced black olives  
1 cup drained chickpeas (garbanzo beans)  
1 cup drained chili beans  
Cilantro Dressing (recipe follows)  
1 cup shredded cheddar cheese  
Tortilla chips  
Salsa

For each serving, arrange 3 cups of lettuce on the serving plate. Layer tuna, tomatoes, avocado, olives, chickpeas, and chili beans over lettuce. Drizzle with Cilantro Dressing. Sprinkle with cheese. Serve with tortilla chips and salsa. Makes 4 servings.

## **Cilantro Dressing**

3/4 cup buttermilk  
1/4 cup light mayonnaise  
1/4 cup light sour cream  
2 Tbsp. chopped green onion  
1 Tbsp. chopped cilantro  
1 clove garlic, crushed  
1 tsp. lime juice  
1/8 tsp. pepper  
1/8 tsp. chili powder  
1/8 tsp. salt

Stir ingredients together and let marinate 1 hour. Makes 1 1/4 cups dressing.

PREP TIME: 15 minutes for salad; 10 minutes for dressing



MARINATE TIME: 1 hour

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### **Hawaiian Quesadillas**

1 can (12 oz.) Chicken of the Sea® Chunk Light or Solid White Tuna,  
drained and flaked  
6 (9 inch) flour tortillas  
1 1/2 cups (6 oz.) shredded monterey jack cheese  
1 can (4 1/2 oz.) chopped green chiles  
1/4 cup chopped red onion  
1 Tbsp. chopped jalapeño peppers  
Pineapple salsa (recipe follows)

Combine green chiles, red onion and jalapeño peppers; set aside. Sprinkle 1/4 cup cheese over one half of each tortilla. Top with tuna; sprinkle with 2 tablespoons chile mixture. Fold tortillas in half and microwave on high for 1 to 2 minutes, or until cheese melts. Cut tortillas into wedges. Serve with Pineapple Salsa. Makes 6 servings.

### **Pineapple Salsa**

1 can (8 oz.) crushed pineapple in natural juice  
1/2 cup diced avocado  
1/2 cup chopped red pepper  
1/4 cup chopped green pepper  
1/4 cup chopped red or green onion  
1 1/2 tsp. chopped cilantro  
1 1/2 tsp. chopped jalapeno pepper  
1/4 tsp. lemon zest

Combine all ingredients; chill for at least 1 hour, or up to 3 days. Makes 2 cups salsa.

PREP TIME: 10 minutes for quesadillas; 10 minutes for salsa

MARINATE TIME: 1 hour

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## **Tuna Italiano Muffaletta**

1 can (12 oz.) Chicken of the Sea® Chunk Light or Solid White Tuna,  
drained and flaked  
Olive Salad (recipe follows)  
Olive oil Italian dressing  
Lettuce leaves  
Sliced tomatoes  
4 to 6 muffaletta buns or Italian rolls

Combine tuna and Olive Salad. Split muffalettas and spread the bottoms with Italian dressing. Top with lettuce leaves, sliced tomatoes and tuna mixture. Cover with tops of buns. Makes 4 to 6 servings.

## **Olive Salad**

1 cup (4 oz.) diced mozzarella or provolone cheese  
1/2 cup olive oil Italian dressing  
1/2 cup chopped pimiento or roasted red pepper  
1/2 cup drained and sliced artichoke hearts  
1/2 cup sliced mushrooms  
1/2 cup chopped celery  
1/4 cup drained and chopped green olives  
1/4 cup drained and sliced black olives  
1/4 cup chopped red onion  
1/4 cup drained and sliced pepperoncini peppers

1 Tbsp. chopped Italian parsley

Mix ingredients together and marinate 2 hours, or up to 4 days. Stir occasionally. Makes 3 1/2 cups salad.

**PREP TIME:** 10 minutes to make muffuletta; 15 minutes to make

Olive Salad

**MARINATE TIME:** 2 hours

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## **Tuna Pasta Oriental**

1 can Chicken of the Sea® Chunk Light or Solid White Tuna, drained and flaked  
8 oz. Chinese noodle pasta  
1 1/2 tsp. sesame oil  
1 cup diced red pepper  
1/2 cup thinly sliced green onion  
1 cup thinly sliced seedless cucumber  
1/2 cup sliced water chestnuts  
1 cup snow peas  
1/2 cup shredded carrots  
1/2 cup drained and halved straw mushrooms  
1/2 cup quartered baby corn  
Oriental Dressing (recipe follows)  
Toasted sesame seeds

Cook pasta in boiling water 3 minutes (or as instructed on package). Drain and rinse with cool water; toss with sesame oil. Stir in vegetables and tuna. Toss with Oriental Dressing. Cover and marinate 1 to 2 hours, or up to 3 days. Toss well before serving. If desired, sprinkle with toasted sesame seeds. Makes 4 to 6 servings.

## **Oriental Dressing**

6 Tbsp. dry sherry  
1/4 cup light soy sauce  
2 Tbsp. rice wine vinegar  
2 Tbsp. sesame oil  
2 Tbsp. sugar or Hoisin sauce  
1 1/2 tsp. minced garlic  
1 Tbsp. grated fresh ginger  
3/4 tsp. hot chili oil

Place ingredients in a jar and shake to blend. Pour over salad. Makes 1 cup dressing.

PREP TIME: 20 minutes

MARINATE TIME: 1 to 2 hours

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