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DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

FWS SUGGESTS CANNED FISH FOR LENT

There will be plenty of canned fish and shellfish during Lent, the Fish and Wildlife Service assured housewives today.

Supplies of canned fish and shellfish are well distributed throughout the country and include tuna, salmon, sardines, shrimp, crab, and oysters.

Canned tuna is on the United States Department of Agriculture Plentiful Foods List for February and March. It is relatively low in cost, and is available in a wide variety of styles of pack.

For versatility canned tuna wins the homemaker's vote every time, whether its a full-fledged meal for the whole family or a quick snack for the hungry youngsters. Protein-rich tuna is the perfect ingredient for many types of dishes. Nutritious sandwiches and cold-weather casseroles are easily made when several cans of this fine food are handy on your kitchen shelf. There is also a "dietetic pack" for special diets.

For a cold-weather casserole that the whole family will love, the home economists of the Fish and Wildlife Service suggest "Tuna Casserole with Toasted Almond Sauce."

TUNA CASSEROLE WITH TOASTED ALMOND SAUCE

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| 2 cans (6½ or 7 ounces each) tuna | Dash pepper |
| 2 packages (10 ounces each) frozen asparagus | Dash nutmeg |
| ½ cup chopped blanched almonds | 2 cups milk |
| ¼ cup butter or other fat, melted | 1 tablespoon sherry (optional) |
| ¼ cup flour | Paprika |
| ½ teaspoon salt | |

Drain and flake tuna. Cook asparagus as directed on package. Arrange in the bottom of a well-greased baking pan, 11 x 7 x 1½ inches. Place tuna in a layer over asparagus. Fry almonds in butter until lightly brown. Blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add sherry. Pour over tuna and asparagus. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 25 to 30 minutes. Serves 6.

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