



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

TRY TUNA SALAD FOR MAIN DISH AT PICNICS

Outdoor picnics in the summertime, whether they are held on the beach, in the mountains, in local parks, or just in your own backyard, can be memorable occasions for the family--particularly if the food has appetite appeal.

The food included in any picnic should be tasty, easy-to-prepare, and energy-giving. Canned tuna, which possesses these qualities, is excellent for picnic use as a main course salad.

Along with tuna salad, the home economists of the Bureau of Commercial Fisheries, Fish and Wildlife Service, suggest potato chips, sliced tomatoes, buttered rolls, fruit, cup cakes, and iced tea or coffee as good accompaniments. All perishable foods for picnic use must be refrigerated, caution the home economists.

Here is their suggested recipe for tuna salad:

TUNA SALAD

2 cans (6½ or 7 ounces each) tuna	2 hard-cooked eggs, chopped
½ cup mayonnaise or salad dressing	½ teaspoon salt
1 cup chopped celery	Dash pepper
2 tablespoons chopped sweet pickle	Lettuce
2 tablespoons chopped onion	1 hard-cooked egg, sliced

Drain tuna. Break into large pieces. Combine all ingredients except lettuce and egg. Serve on lettuce; garnish with egg slices. Serves 6.

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