

hot tuna heroes

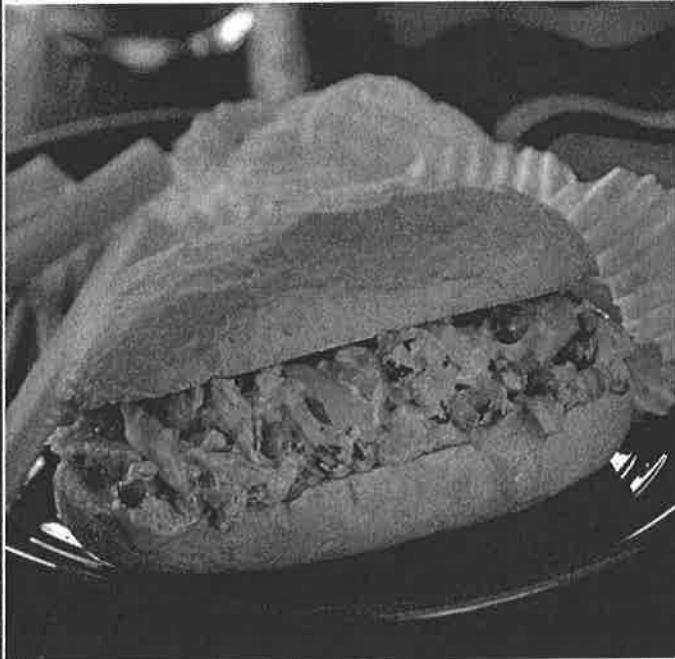
CAROLE LANTHIER | COURTICE, ONTARIO

Make tuna salad special with this great sub sandwich. Peas and celery give it crunch while Swiss cheese adds rich flavor. To save time, consider mixing the tuna filling ahead of time so you can just assemble, heat and enjoy!

- 2 pouches (7.06 ounces each) light water-packed tuna
- 1 cup chopped celery
- 1 cup frozen peas, thawed
- 3/4 cup mayonnaise
- 4 slices Swiss cheese, cut into 1/2-inch strips
- 1/4 cup minced fresh parsley
- 1/4 cup butter, melted
- 6 hoagie buns, split

- 1 In a large bowl, combine the first six ingredients. Brush butter over cut sides of buns. Spoon tuna mixture onto bun bottoms; replace tops.
- 2 Place each sandwich on a piece of heavy-duty foil (about 12 in. square). Fold foil around sandwich and seal tightly. Bake at 400° for 15-20 minutes or until heated through.

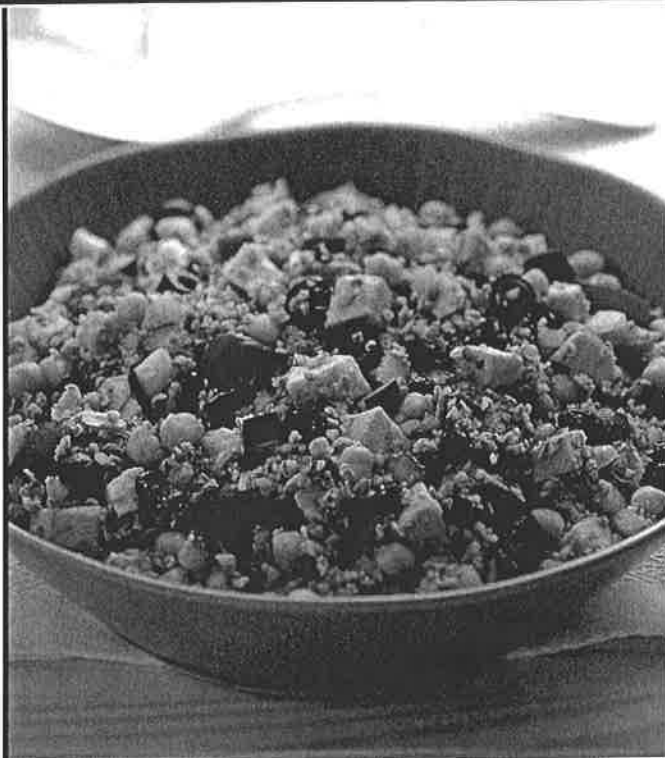
YIELD: 6 SERVINGS.



Tasty Tuna

Sometimes I add coleslaw to a can of tuna. My mom did this to stretch the tuna, but I love its crunchy texture.

CAROL R., NEW BRITAIN, CONNECTICUT



turkey & bulgur salad

CAROLE RESNICK | CLEVELAND, OHIO

Cranberry juice concentrate gives this wonderful luncheon salad a burst of flavor. I like to line a serving platter with lettuce leaves and mound the salad in the center for a pretty presentation.

- 1-1/2 cups reduced-sodium chicken broth
- 1/2 cup water
- 1 cup bulgur
- 2 cups cubed cooked turkey breast
- 1 small cucumber, finely chopped
- 1 cup garbanzo beans or chickpeas, rinsed and drained
- 3 green onions, thinly sliced
- 1/4 cup sliced ripe olives
- 3 tablespoons dried cranberries
- 1/4 cup olive oil
- 3 tablespoons lime juice
- 2 tablespoons thawed cranberry juice concentrate
- 1 cup cherry tomatoes, halved
- 3 tablespoons minced fresh parsley

- 1 In a small saucepan, bring broth and water to a boil. Place the bulgur in a large bowl. Stir in broth mixture. Cover and let stand for 30 minutes or until most of the liquid is absorbed. Drain. Stir in the turkey, cucumber, beans, onions, olives and cranberries.
- 2 In a small bowl, whisk the oil, lime juice and cranberry juice concentrate. Stir into bulgur mixture. Add the tomatoes and parsley; gently toss to coat. Serve at room temperature or chilled.

YIELD: 6 SERVINGS.