

TOP DRAWER TUNA RECIPES

TUNA RANCH RISOTTO

- 1 tsp olive oil
- 12 oz can solid white tuna (drained)
- 1 1/2 cup arborio or white rice
- 4 cups broth
- 1 pkg ranch dressing mix
- 1 jar/can mushrooms
- 1 tbsp butter



Heat oil in a large skillet and add rice. Cook and stir for 2 to 3 minutes until rice is coated with oil and starts to turn a bit golden. Sprinkle the rice with ranch dressing and add 1 cup chicken broth to the skillet. Bring to a boil, then reduce heat to medium and cook mixture for 8 to 10 minutes, stirring frequently, until liquid is absorbed. Add about 1/2 cup of the remaining broth, stirring the rice until liquid is absorbed. Continue until the rice is tender, and the risotto is the consistency you want. Stir in butter and tuna until combined.

TUNA BAGEL FOR ONE

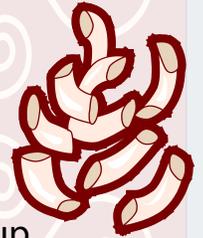
- 1 Everything bagel, sliced
- 1 can tuna in water, drained
- 1 tbsp mayo
- 1 ripe tomato sliced
- Slice swiss cheese
- Salt and pepper, to taste



Mix tuna and mayo, spread onto bagel and top with a slice of tomato and swiss cheese. Broil in toaster oven for 3 min or until tuna is warm and cheese is melted.

TUNA TETRAZZINI

- 12 ounce any pasta
- 1 jar/can mushrooms
- 1 can cream of mushroom soup
- 12 oz can albacore tuna, drained
- 1 tbsp lemon juice
- 1/4 cup shredded parmesan cheese
- 2 cups crushed potato chips



Preheat oven to 350 degrees, and prepare your casserole dish with non-stick cooking spray. Cook pasta al dente, drain and rinse. Combine pasta with all of the ingredients, except chips. Pour into casserole dish, and top with potato chips. Bake for 30 minutes uncovered.

TUNA CHICKPEA SALAD

- 2 (15.5 oz) cans chickpeas
- 1/2 tsp lemon zest
- 3 tbsp lemon juice
- 1 tbsp olive oil
- 2 to 3 roma tomatoes, chopped
- 1/2 red onion, finely chopped
- 1/2 bunch mint, or parsley chopped
- 1 clove garlic, minced
- Salt and pepper, to taste
- 2 (5 oz) cans chunk-light tuna in water



In a large bowl combine all ingredients, folding the tuna in last. Serve with pita, crackers or inside half an avocado.