

Recipes Using Foods in Your Pantry



Make the most of your pantry foods with easy, tasty recipes families love using common ingredients.



Tuna Casserole

Serves 6

Ingredients:

- 2 cans (6 ounces each) tuna fish packed in water, drained
- 1/2 cup celery, chopped
- 2 eggs, beaten
- 1 cup dry oats
- 3/4 cup milk
- 1 Tbsp. lemon juice
- 1/3 cup onion, chopped
- 1/2 tsp. black pepper

- ONION SAUCE -

- 1 Tbsp. butter
- 1 small onion, chopped
- 2 Tbsp. flour
- 3/4 cup nonfat milk
- salt and pepper, to taste

Instructions:

1. Preheat oven to 350 degrees F.
2. Mix together first 8 ingredients (tuna, celery, egg, oats, milk, lemon juice, onion, and pepper) in a bowl. Put in an 8 x 8 inch pan. Bake for about 50 minutes, until lightly browned on top.

ONION SAUCE

1. Melt butter in a saucepan. Add onions and cook until tender. Slowly stir in flour. Stir in milk and cook sauce over medium heat. Stir constantly until it starts to boil.
2. Lower heat and stir until sauce thickens, about 3 minutes. Add salt and pepper to taste.
3. Pour a portion of sauce over each serving of tuna casserole.