

The Tuna Cookbook

292 Recipes

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Nicoise-Style Tuna Salad With White Beans &

Ingredients

3/4 pound green beans, trimmed and snapped in half
1 (12 ounce) can solid white albacore tuna, drained
1 (16 ounce) can Great Northern beans, drained and rinsed
1 (2.25 ounce) can sliced black olives, drained
1/4 medium red onion, thinly sliced
1 teaspoon dried oregano
6 tablespoons extra-virgin olive oil
3 tablespoons lemon juice
1/2 teaspoon finely grated lemon zest
Salt and ground black pepper, to taste
4 large hard-cooked eggs, peeled and quartered

Directions

Place green beans, 1/3 cup water and a large pinch of salt in a medium skillet. Cover, turn heat on high, and bring water to boil. Once beans start to steam, set timer and cook until tender-crisp, about 5 minutes. (Because the beans cook in such a small amount of water, make sure not to let the skillet run dry.) Immediately dump them onto a lipped cookie sheet lined with paper towels to cool.

Mix tuna, white beans, olives and onion in a medium bowl. Whisk together oregano, oil, lemon juice and zest in a medium bowl, then pour over the salad and gently stir to combine.

Adjust seasonings to taste. Arrange a portion of green beans, tuna-bean salad and eggs on each of 4 plates.

Grilled Tuna Roast

Ingredients

1 cup white wine
1/2 cup balsamic vinegar
1 cup crumbled dried thyme
1 cup dried oregano
1 tablespoon salt
2 teaspoons ground black pepper
2 pounds fresh tuna roast

Directions

In a large bowl, stir together the white wine, balsamic vinegar, thyme, oregano, salt and pepper. Place the roast into the marinade, cover, and refrigerate for 4 hours.

Heat a grill for medium heat. Brush the grate with oil, once it is hot.

Place the tuna roast on the grill grate, and discard the marinade. Cook for about 30 minutes, turning frequently for even cooking. Serve immediately when the outer part flakes easily but the center is still slightly pink.

Hearty Tuna Casserole

Ingredients

3 cups uncooked egg noodles
2 (6 ounce) cans tuna, drained
1/2 cup chopped celery
1/3 cup chopped green onions
1/3 cup sour cream
2 teaspoons prepared mustard
1/2 cup mayonnaise
1/2 teaspoon dried thyme
1/4 teaspoon salt
1 small zucchini, sliced
1 cup shredded Monterey Jack cheese
1 tomato, chopped

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

Bring a large pot of salted water to a boil, add noodles, and cook until al dente; drain.

In a large mixing bowl, combine noodles, tuna, celery, and green onion. Stir in sour cream, mustard, and mayonnaise. Season with salt and thyme. Spoon 1/2 of the noodle mixture into the prepared casserole dish. Arrange a layer of zucchini over the mixture. Top with the remaining noodles, followed by a layer of zucchini. Top the entire casserole with cheese.

Bake in preheated oven for 30 minutes, or until hot and bubbly. Sprinkle the casserole with tomatoes before serving.

Pan Seared Tuna with Citrus-Herb Vinaigrette

Ingredients

Tuna:

1/2 cup olive oil
1 tablespoon chopped fresh parsley
1/4 teaspoon red pepper flakes
4 (6 ounce) fillets ahi (yellowfin) tuna steaks, sushi-grade if possible

Dressing:

2 tablespoons red wine vinegar
2 tablespoons fresh orange juice
1 tablespoon fresh lemon juice
1 1/2 teaspoons fresh lime juice
1 1/2 teaspoons soy sauce
1 shallot, chopped
1 tablespoon chopped fresh parsley
1 1/2 teaspoons fresh thyme
1 1/2 teaspoons chopped fresh dill
1 tablespoon honey
1 teaspoon Dijon mustard
1/2 jalapeno or serrano chili pepper, seeded and chopped
1 1/2 teaspoons minced ginger
3/4 cup olive oil
Kosher salt and fresh cracked pepper to taste

Salad Vegetables:

48 haricots verts (thin, French green beans), trimmed
16 baby carrots, greens trimmed to 1/4-inch
16 grape or cherry tomatoes, halved
16 Nicoise, Gaeta, or Kalamata olives, pitted and halved
1 red onion, thinly sliced

Directions

Stir together 1/2 cup olive oil, 1 tablespoon parsley, and red pepper flakes. Toss tuna with marinade, and set aside to marinate for 30 minutes.

Pour vinegar, orange juice, lemon juice, lime juice, and soy sauce into the bowl of a blender. Add shallot, 1 tablespoon parsley, thyme, dill, honey, Dijon mustard, jalapeno, and ginger. Blend on high until smooth, then add 3/4 cups olive oil in a slow, steady stream with the blender running. Season to taste with salt and pepper, and set aside.

Bring a large pot of salted water to a boil over high heat. Fill another large container with half ice, half cold water, and set aside. Add the haricots verts to the boiling water, and cook until just tender, 35 to 40 seconds. Remove from the water, and immediately plunge into the ice water to cool. Next, blanch the carrots until just tender, about 1 1/2 minutes; chill in ice water until cold.

When the vegetables are cold, remove from the ice water and pat dry. Place into a large bowl, and toss with the halved tomatoes, olives, onion, and chervil; set aside.

Heat a heavy-bottomed skillet over high heat until very hot. Remove tuna steaks from marinade, and wipe off excess marinade. Season the tuna to taste with salt and pepper, then sear in hot skillet to desired doneness, about 1 minute per side for rare.

To assemble, toss the vegetable salad with enough dressing to lightly coat. Divide the salad among 4 plates, and place a seared tuna steak on top of each. Drizzle with additional dressing to serve.

Tuna Noodle Casserole I

Ingredients

3 tablespoons chopped onion
1 tablespoon vegetable oil
1 (10.75 ounce) can condensed tomato soup
1 teaspoon chili powder
1/2 teaspoon salt
1 teaspoon Worcestershire sauce
1 1/2 cups egg noodles
1 1/4 cups shredded sharp Cheddar cheese
1 (6 ounce) can tuna, drained

Directions

Cook noodles in a pot of boiling water until done. Drain.

In a large skillet, saute onion in oil. Add undiluted soup, chili powder, salt, and Worcestershire sauce. Simmer 5 minutes. Mix in noodles, 1 cup cheese, and tuna. Spoon into a greased 1 quart casserole dish.

Bake at 350 degrees F (175 degrees C) for 30 minutes. While still hot, sprinkle with remaining 1/4 cup cheese.

Tuna Noodle Supreme

Ingredients

1 1/2 cups sour cream
1/2 cup mayonnaise
1/2 cup milk
1/4 cup grated Parmesan cheese
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon pepper
4 cups cooked small pasta shells
2 cups fresh broccoli florets
1 (12 ounce) can tuna, drained
and flaked
1/2 cup chopped sweet red
pepper
1/2 cup sliced green onions

Directions

In a large bowl, combine the first seven ingredients; stir until smooth. Stir in the pasta, broccoli, tuna, red pepper and onions. transfer to a greased 2-qt. baking dish. Cover and bake at 350 degrees F for 40-45 minutes or until hot and bubbly.

Super Easy Seared Ahi Tuna

Ingredients

1 pound sashimi grade yellowfin tuna
kosher salt to taste
fresh ground black pepper to taste
1/2 cup Italian seasoned bread crumbs
3 tablespoons olive oil

Directions

With a sharp knife, cut the tuna into 4 large pieces for appetizer portion, 2 large pieces for dinner portion. Use your judgment on what shape you want to cut your tuna because not all tuna is the same size or shape. However, the shape should somewhat resemble a miniature brick.

Season the tuna pieces with salt and pepper. Coat lightly on all sides with bread crumbs. Heat olive oil in a large heavy skillet over high heat. The pan should be as hot as you can get it. Place the tuna in the pan, and sear on each side for about 45 seconds for small portions, or 1 minute for large. Remove from pan. The tuna will be very rare.

Slice each 'brick' into 1/4 inch thick slices, and fan out on a serving plate. Enjoy plain, or with the condiments of your choice.

Orange Pecan Tuna Salad

Ingredients

1 (12 ounce) can water packed
tuna, drained and flaked
1 tablespoon fat free sour cream
1/2 tablespoon mustard
1 1/2 tablespoons sweet pickle
relish
2 tablespoons fresh orange juice
1/4 cup chopped pecans
garlic salt to taste
onion powder to taste
ground black pepper to taste

Directions

Mix together the tuna, sour cream, mustard, relish, orange juice, pecans, garlic salt, onion powder, and black pepper. Cover and refrigerate until ready to use.

Tuna Stuffed Mushrooms

Ingredients

1 (6 ounce) can albacore tuna in water, drained and flaked
2 tablespoons mayonnaise
1/4 teaspoon dried minced onion
1/4 teaspoon onion powder
1 1/2 teaspoons sweet pickle relish
2 (1 ounce) slices Swiss cheese, diced
salt and pepper to taste
1 (8 ounce) package fresh white mushrooms, cleaned and stems removed

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Combine the tuna, mayonnaise, dried onion, onion powder, sweet relish, Swiss cheese, salt, and pepper in a large bowl. Fill mushroom caps with the tuna mixture; place on baking sheet.

Bake in preheated oven until the mushrooms are soft, and begin to give up their juices, 20 to 25 minutes.

Southern Apple Tuna Salad

Ingredients

2 (6 ounce) cans tuna, drained
1 tablespoon olive oil
1 tablespoon mayonnaise, or
more if needed
1 small apple - peeled, cored, and
chopped
1/4 small onion, minced
1 tablespoon sweet pickle relish
1/2 teaspoon dill weed
salt and ground black pepper to
taste

Directions

Stir the tuna, olive oil, mayonnaise, apple, onion, relish, and dill together in a bowl until evenly mixed. Season with salt and pepper. You can serve immediately, though it tastes much better after being refrigerated overnight.

Simple Tuna Spread

Ingredients

1 (8 ounce) package cream cheese, softened
3 tablespoons salsa
2 teaspoons dried parsley flakes
1 teaspoon dried minced onion
1 (6 ounce) can tuna, drained and flaked

Directions

In a bowl, combine cream cheese and salsa; stir in parsley and onion. Fold in tuna. Refrigerate until serving. Serve on bread, snack rye or crackers.

Tropical Tuna Salad

Ingredients

1 head romaine, torn
2 cups canned unsweetened
pineapple chunks
1/2 cup sliced green onions
1 (12.5 ounce) can water-packed
tuna, drained
1 (11 ounce) can mandarin
oranges in light syrup, drained
1 (8 ounce) can sliced water
chestnuts, drained
1/2 cup fat-free mayonnaise
4 teaspoons light soy sauce
1/2 teaspoon lemon juice

Directions

In a large bowl, toss romaine, pineapple, onions, tuna, oranges and water chestnuts. In a small bowl, combine mayonnaise, soy sauce and lemon juice; pour over salad and toss.

Tarragon Tuna Salad

Ingredients

2 (6 ounce) cans light water-packed albacore tuna, drained and flaked
1 cup chopped celery
1/4 cup chopped sweet onion
1/3 cup reduced-fat mayonnaise
2 tablespoons minced fresh parsley
1 tablespoon lemon juice
1 teaspoon minced fresh tarragon
1/2 teaspoon Dijon mustard
1/4 teaspoon white pepper
Lettuce Leaves

Directions

In a small bowl, combine the tuna, celery and onion. Combine the mayonnaise, parsley, lemon juice, tarragon, mustard and pepper. Stir into tuna mixture. Serve on lettuce leaves if desired.

Curried Tuna Melt

Ingredients

1 (6 ounce) can tuna, drained and flaked
1/4 cup thinly sliced celery
1/4 cup mayonnaise
2 tablespoons thinly sliced green onions
2 tablespoons raisins
2 teaspoons lemon juice
1/4 teaspoon salt
1/4 teaspoon curry powder
2 English muffins, split and toasted
4 slices Cheddar cheese

Directions

In a small bowl, combine tuna, celery, mayonnaise, onions, raisins, lemon juice, salt and curry powder. Spread about 1/4 cup on each muffin half; top with cheese. Broil 4 in. from the heat for 1-2 minutes or until cheese is melted.

Pan-Seared Ahi Tuna with Blood Orange Sauce

Ingredients

1 tablespoon olive oil
4 (8 ounce) ahi tuna steaks
1/2 cup white wine
1 tablespoon butter
1 medium shallot, minced
1 clove garlic, minced
2 cups blood orange juice

Directions

In a skillet, heat olive oil over medium-high heat. Sear tuna on one side for about five minutes. Flip and sear other side for two to three minutes, or until tuna is cooked to your desired degree of doneness. Remove from skillet and allow to rest.

Return skillet to heat and add white wine. Scrape bottom of pan with spatula to remove any bits from browning the tuna. Reduce heat to medium and add shallot and garlic. Cook and stir until shallot is clear, approximately 3 to 5 minutes. Stir in blood orange juice. Boil until the liquid has reduced to half its original volume or until it thickens. Remove from heat.

Slice the tuna across the grain. Fan the slices out onto a plate and drizzle with blood orange sauce.

Seared Tuna with Wasabi-Butter Sauce

Ingredients

2 tablespoons white wine vinegar
10 fluid ounces white wine
1/4 cup minced shallots
1 tablespoon wasabi paste, or to taste
1 tablespoon soy sauce
1 cup unsalted butter, cubed
salt and black pepper to taste
1 tablespoon olive oil, or as needed
1 cup chopped cilantro leaves
6 (6 ounce) fresh tuna steaks, 1 inch thick

Directions

Combine the white wine vinegar, white wine and shallots in a small saucepan over medium heat. Simmer until the liquid is reduced to about 2 tablespoons. Strain out shallot and discard, return liquid to the pan.

Stir the wasabi and soy sauce into the reduction in the pan. Over low heat, gradually whisk in butter one cube at a time allowing the mixture to emulsify. Be careful not to let the mixture boil. When all of the butter has been incorporated, stir in cilantro, and remove from heat. Pour into a small bowl, and set aside.

Heat a large skillet over medium-high heat. Brush tuna steaks with olive oil, and season with salt and pepper. Place in the hot skillet, and sear for 3 to 5 minutes on each side. Be careful not to overcook, this fish should be served still a little pink in the center. Serve with sauce.

Tuna Dip II

Ingredients

1 (6 ounce) can chunk light tuna in water, drained
1 (8 ounce) package cream cheese, softened
3 tablespoons salsa

Directions

In a small bowl, blend the tuna, cream cheese and salsa. Serve immediately.

Atomic Tuna Salad

Ingredients

2 (6 ounce) cans tuna, drained
1/2 head broccoli, finely chopped
1/2 head cauliflower, finely
chopped
1/2 red onion, finely chopped
2 stalks celery, finely chopped
1 cup fat-free mayonnaise, or to
taste
4 pita bread rounds

Directions

In a large bowl, toss together the tuna, broccoli, cauliflower, onion and celery. Stir in mayonnaise until the salad reaches your desired consistency. Serve on pita bread.

Tuna Melt Sandwiches

Ingredients

3/4 cup chopped celery
3/4 cup diced Cheddar cheese
1 (6 ounce) can tuna, drained and flaked
1 small onion, chopped
1/4 cup mayonnaise
1/8 teaspoon salt
1/4 cup butter or margarine, softened
6 hamburger buns, split

Directions

In a bowl, combine the first six ingredients; set aside. Spread butter over cut sides of buns. Spread tuna mixture on bun bottoms; replace tops. Wrap in foil. Bake at 350 degrees F for 15 minutes or until the cheese is melted.

Tuna Tofu Salad

Ingredients

1 (12 ounce) package silken tofu
1/2 cup red wine vinegar
1 (6 ounce) can tuna, drained
1 large stalk celery, chopped
2 carrots, chopped
1 onion, chopped
1 clove garlic, minced
1 pinch cayenne pepper, or to taste

Directions

Drain and mash tofu. Pour vinegar over tofu and marinate for 15 to 30 minutes.

Drain excess vinegar from tofu. Place tofu and tuna in a blender or food processor; blend until smooth. Combine tuna mixture, celery, carrots, onion, garlic and cayenne in a bowl and mix well. Serve.

Poached Tuna Steaks

Ingredients

1 1/2 cups water
1 tablespoon fresh lemon juice
1 teaspoon cayenne pepper
salt and pepper to taste
2 (4 ounce) albacore tuna steaks
3 kumquats - rinsed, seeded and sliced
1/3 cup chopped fresh cilantro

Directions

In a medium saucepan over medium heat, mix water, lemon juice, and cayenne pepper. Season with salt and pepper. Bring to a gentle boil.

Place tuna steaks into the mixture, and sprinkle with kumquats and cilantro. Cook 15 minutes, until fish is easily flaked with a fork.

Jacked-Up Tuna

Ingredients

1 (8 ounce) package uncooked egg noodles
1 (15 ounce) can peas, drained
1 (6 ounce) can tuna, drained and flaked
1/2 cup sour cream
1/4 cup milk
garlic powder to taste
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add the egg noodles, and cook until tender, about 6 minutes. Drain.

While the noodles are cooking, mix together the sour cream, milk, garlic and salt; taste and adjust seasoning if desired. Stir into drained noodles along with peas and tuna. Heat through over low heat, and serve.

Tasty Tuna Pasta

Ingredients

8 ounces dry fettuccine pasta
1 (6 ounce) can tuna, drained
1 (15 ounce) can peas, drained
1/2 (16 ounce) jar Alfredo-style pasta sauce
1 teaspoon garlic powder
1 teaspoon dried oregano
1 teaspoon dried basil

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and set aside.

In a large saucepan over medium heat, combine tuna, peas, Alfredo sauce, garlic powder, oregano, and basil; mix well.

Cook until heated through and add cooked pasta; mix well. Adjust seasoning as needed; serve.

Tuna on Toast

Ingredients

1 (10.75 ounce) can condensed
cream of mushroom soup
2 hard-cooked eggs, sliced
1 (6 ounce) can tuna, drained
6 slices whole wheat bread

Directions

Make cream of mushroom soup according to the directions on the can.

Stir in canned tuna and egg slices. Heat thoroughly. Meanwhile, toast bread slices.

Spoon tuna mixture over slices of whole wheat toast. Serve.

Wasabi Yellowfin Tuna

Ingredients

2 tablespoons reduced-fat mayonnaise
1 1/2 teaspoons wasabi paste
1 teaspoon Chinese five-spice powder
1 tablespoon low-sodium soy sauce
4 (6 ounce) yellowfin tuna fillets
1 tablespoon rice vinegar
1 tablespoon low-sodium soy sauce
2 tablespoons toasted sesame seeds

Directions

Mix together the mayonnaise, wasabi paste, five-spice powder, and 1 tablespoon soy sauce in a small bowl.

Lay the tuna fillets into a glass baking dish. Pour the rice vinegar and 1 tablespoon soy sauce over the tuna. Spread the mayonnaise mixture evenly over both sides of each piece of fish. Cover the dish and refrigerate 15 to 30 minutes.

Prepare a skillet with cooking spray and place over medium-high heat. Sprinkle the sesame seeds evenly over both sides of the fillets. Lay the tuna gently into the skillet. Grill to desired level of doneness, about 2 minutes per side for medium-rare. Serve immediately.

Mike's Portuguese Tuna Rice Casserole

Ingredients

3 cups water
1 1/2 cups uncooked white rice
1 tablespoon butter
1 tablespoon olive oil

1 tablespoon olive oil
1 small onion, chopped
2 cloves garlic, minced
2 (5 ounce) cans tuna, drained
3/4 cup heavy cream
3 tablespoons ketchup
1 teaspoon hot pepper sauce
salt and pepper to taste
1/2 cup sliced black olives
1/2 cup shredded Cheddar cheese

Directions

Bring the rice, water, butter, and 1 tablespoon olive oil to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Preheat an oven to 350 degrees F (175 degrees C).

Heat 1 tablespoon of olive oil in a skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the tuna, cream, ketchup, hot sauce, salt, and pepper. Simmer on low until the mixture thickens, about 10 minutes.

Cover the bottom of an 8 inch square baking dish with half of the cooked rice. Spread the tuna mixture over the rice and cover with the remaining rice. Sprinkle the olives and cheese over the top of the rice. Bake until the cheese melts and the casserole is heated through, 15 to 20 minutes.

Pesto Tuna Salad with Sun-Dried Tomatoes

Ingredients

1 (6 ounce) can canned tuna
1/4 cup prepared basil pesto
sauce
6 oil-packed sun-dried tomatoes,
drained and diced
2 tablespoons mayonnaise
2 tablespoons grated Parmesan
cheese

Directions

In a bowl, mix the tuna, pesto, sun-dried tomatoes, mayonnaise, and Parmesan cheese. Cover, and refrigerate until ready to serve.

Dorm Room Cheesy Tuna and Noodles

Ingredients

1 cup boiling water
1 (3 ounce) package any flavor ramen noodles
1 (3 ounce) can water-packed tuna, drained
2 slices American cheese

Directions

Pour water into a microwave safe bowl, and cook in the microwave until very hot, about 2 minutes at high heat. Add ramen noodles, and microwave 2 minutes more to cook.

Drain and discard water from noodles, then stir in seasoning packet, tuna, and American cheese. Place back into microwave, and cook until hot, 1 to 2 minutes more. Stir before serving.

Tuna-Stuffed Tomatoes

Ingredients

1 large tomato
1 (6 ounce) can tuna, drained and flaked
4 teaspoons mayonnaise
1 tablespoon chopped celery
1/2 teaspoon Dijon mustard
1/4 teaspoon seasoned salt

Directions

Cut tomato in half through the stem. Scoop out pulp, leaving a 1/2-in shell. In a bowl, combine the remaining ingredients. Fill tomato shells with tuna mixture; place on a baking sheet. Broil 3-4 in. from the heat for 4-5 minutes or until heated through.

BBQ Tuna Fritters

Ingredients

1 (6 ounce) can light tuna in water, drained
1 egg
2/3 cup quick-cooking oats
3 tablespoons barbeque sauce
3 tablespoons chopped green onion
1/2 teaspoon hot pepper sauce, or to taste
1/2 teaspoon dried savory
1 pinch salt
2 tablespoons vegetable oil

Directions

In a medium bowl, stir together the tuna, egg and oats until blended. Mix in the barbeque sauce, green onion, hot pepper sauce, savory, and salt.

Heat the oil in a large skillet over medium heat. Spoon tablespoonfuls of the tuna mixture into the pan, and flatten slightly. Smaller patties hold together better. Cook until browned on each side, about 3 minutes per side.

Tuna Egg Sandwich

Ingredients

1 (6 ounce) can tuna, drained
3 hard-cooked eggs, peeled and chopped
1 cup chopped celery
1 tablespoon mayonnaise
salt and pepper to taste
4 slices whole wheat bread

Directions

In a medium bowl, stir together the tuna, eggs, celery and mayonnaise. Season with salt and pepper to taste. Place half of the mixture onto 1 slice of bread and the other half on another slice of bread. Top with remaining slices of bread. Serve.

Barbie's Tuna Salad

Ingredients

1 (7 ounce) can white tuna,
drained and flaked
6 tablespoons mayonnaise or
salad dressing
1 tablespoon Parmesan cheese
3 tablespoons sweet pickle relish
1/8 teaspoon dried minced onion
flakes
1/4 teaspoon curry powder
1 tablespoon dried parsley
1 teaspoon dried dill weed
1 pinch garlic powder

Directions

In a medium bowl, stir together the tuna, mayonnaise, Parmesan cheese, and onion flakes. Season with curry powder, parsley, dill and garlic powder. Mix well and serve with crackers or on a sandwich.

Virgina's Tuna Salad

Ingredients

1 egg
3 (6 ounce) cans tuna, drained and flaked
3 tablespoons mayonnaise
2 stalks celery, chopped
2 tablespoons sweet pickle relish
1 pinch ground black pepper

Directions

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a medium bowl, mix together tuna and mayonnaise. Mix in egg, celery, relish and black pepper.

Hawaiian Tuna Sandwich

Ingredients

4 hamburger buns, split
2 tablespoons butter
1 (6 ounce) can tuna chunks in olive oil
1 tablespoon lemon juice
salt and freshly ground black pepper to taste
1 dash chili powder
1 cup shredded lettuce
1 cup shredded mozzarella cheese
4 canned pineapple rings

Directions

Preheat an oven to 350 degrees F (175 degrees C). Toast hamburger buns, and spread cut sides with butter.

Drain half of the oil from the tuna. Combine the tuna and remaining oil, lemon juice, salt, pepper, and chili powder in a small bowl. Mix well. Fill each toasted bun with tuna salad, shredded lettuce, mozzarella cheese, and one pineapple ring.

Place sandwiches on a baking sheet, and heat until the cheese melts, approximately 10 to 12 minutes.

Spicy Tuna Sushi Roll

Ingredients

2 cups uncooked glutinous white rice
2 1/2 cups water
1 tablespoon rice vinegar

1 (6 ounce) can solid white tuna in water, drained
1 tablespoon mayonnaise
1 teaspoon chili powder
1 teaspoon wasabi paste
4 sheets nori (dry seaweed)
1/2 cucumber, finely diced
1 carrot, finely diced
1 avocado - peeled, pitted and diced

Directions

Bring the rice, water, and vinegar to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Let stand, covered, for about 10 minutes to absorb any excess water. Set rice aside to cool.

Lightly mix together the tuna, mayonnaise, chili powder, and wasabi paste in a bowl, breaking the tuna apart but not mashing it into a paste.

To roll the sushi, cover a bamboo sushi rolling mat with plastic wrap. Lay a sheet of nori, rough side up, on the plastic wrap. With wet fingers, firmly pat a thick, even layer of prepared rice over the nori, covering it completely. Place about 1 tablespoon each of diced cucumber, carrot, and avocado in a line along the bottom edge of the sheet, and spread a line of tuna mixture alongside the vegetables.

Pick up the edge of the bamboo rolling sheet, fold the bottom edge of the sheet up, enclosing the filling, and tightly roll the sushi into a thick cylinder. Once the sushi is rolled, wrap it in the mat and gently squeeze to compact it tightly. Cut each roll into 6 pieces, and refrigerate until served.

Tuna Casserole II

Ingredients

1 (12 ounce) package uncooked rotini (corkscrew) pasta
1 tablespoon vegetable oil
2 cloves garlic, minced
1 large red bell pepper, chopped
1 large green bell pepper, chopped
3 carrots, julienned
1 zucchini, julienned
2 (10.75 ounce) cans condensed cream of mushroom soup
2 (6 ounce) cans tuna, drained
4 ounces shredded mozzarella cheese
1 (6 ounce) can French-fried onions

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 8x8 inch baking dish.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Meanwhile, heat oil in a large skillet over medium heat. Lightly fry the garlic, red and green pepper, carrots and zucchini; about 3 to 5 minutes.

In a large mixing bowl, combine the mushroom soup and tuna. Stir in the vegetables and the cooked pasta. Mix to combine well. Pour into the prepared baking dish. Sprinkle the cheese and fried onions over the top.

Bake in a preheated oven for 30 minutes or until bubbly and slightly brown.

Crunchy Tuna Surprise

Ingredients

1 (12 ounce) can tuna, drained and flaked
1 1/2 cups cooked rice
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1/2 cup milk
1/4 cup minced fresh parsley
3/4 cup crushed cornflakes
2 tablespoons butter, melted

Directions

In a bowl, combine the first five ingredients. Transfer to a greased shallow 1-1/2-qt. baking dish. Combine the cornflake crumbs and butter; sprinkle over the top. Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly.

Macaroni Tuna Casserole

Ingredients

1 (7.25 ounce) package macaroni and cheese

1 (10.75 ounce) can condensed cream of celery soup, undiluted

1 (6 ounce) can tuna, drained and flaked

1/2 cup milk

1 cup shredded Cheddar cheese

Minced fresh parsley

Directions

Prepare macaroni and cheese according to package directions. Stir in soup, tuna and milk. Pour into a greased 2-qt. baking dish.

Sprinkle with cheese and parsley if desired. Bake, uncovered, at 350 degrees F for 20 minutes or until cheese is melted.

Herbed Cream Cheese With Scallions and Tuna

Ingredients

3 scallions (green onions), roughly chopped
1 teaspoon grated lemon zest (peel)
1 teaspoon dried basil
2 teaspoons lemon juice
8 ounces light cream cheese
6 ounces canned white albacore tuna, drained and broken into small chunks
Salt and pepper, to taste

Directions

Process scallions, zest and basil in a food processor until minced. Add lemon juice and cream cheese; pulse until combined. Transfer to a small bowl. Stir in tuna, and season with salt and pepper. Refrigerate.

Tuna Snack Spread

Ingredients

1 (6 ounce) can tuna, drained and flaked
1 (8 ounce) package cream cheese, softened
2 teaspoons lemon juice
1 teaspoon onion salt
3 drops hot pepper sauce
1/4 cup minced fresh parsley

Directions

In a bowl, combine the first five ingredients until well mixed. Shape into a ball; roll in parsley. Chill. Serve with crackers.

Speedy Bagel Tuna Melt

Ingredients

1 (6 ounce) can chunk light tuna, drained
2 tablespoons mayonnaise
1 teaspoon Dijon mustard
1 bagel, split and toasted
1/2 cup shredded Cheddar cheese

Directions

Preheat oven to 300 degrees F (150 degrees C).

Combine the tuna, mayonnaise, and mustard in a medium bowl, using a fork to mash the ingredients together.

Top each bagel half with half of the tuna mixture. Sprinkle the tops with shredded Cheddar cheese. Place bagel halves on a baking sheet.

Bake the bagel halves in preheated oven until the cheese melts, about 5 minutes.

Campbell's Kitchen Tuna Noodle Casserole

Ingredients

1 (10.75 ounce) can
Campbell's® Condensed Cream
of Mushroom Soup or
Campbell's® Condensed 98%
Fat Free Cream of Mushroom
Soup
1/2 cup milk
2 tablespoons chopped pimentos
(optional)
1 cup frozen peas
2 (6 ounce) cans tuna, drained and
flaked
2 cups hot cooked medium egg
noodles
2 tablespoons dry bread crumbs
1 tablespoon butter or margarine

Directions

Mix soup, milk, pimiento, peas, tuna and noodles in 1 1/2-quart
casserole. Bake at 400 degrees F for 20 minutes or until hot. Stir.

Mix bread crumbs with butter and sprinkle on top. Bake 5 minutes.

Cold Macaroni and Tuna Salad

Ingredients

3 eggs
3 cups macaroni
1/2 (10 ounce) package frozen green peas
2 (6 ounce) cans tuna, drained
1/4 cup mayonnaise
1/4 teaspoon salt
1/8 teaspoon black pepper

Directions

Place eggs in a saucepan and cover with cold water. Over medium heat, bring water to a full boil. Lower heat and simmer for 10 to 15 minutes. Immediately plunge eggs into cold water.

Bring a large pot of lightly salted water to a boil. Add macaroni pasta and cook for 8 to 10 minutes or until al dente; drain and rinse under cold water.

Put frozen peas into a colander and rinse with hot water; drain well. In a large bowl place the macaroni and peas. Peel eggs and dice them into the bowl. Put the tuna in the bowl, flaking it apart.

Stir mayonnaise into the mixture a little at a time, so the mixture is moist but not soggy. Sprinkle the salt and pepper and mix one last time. Cover and refrigerate for a least one hour or overnight.

Tuna Hash With Dill

Ingredients

2 tablespoons vegetable or olive oil
1 large onion, cut into 1/2-inch dice
3 (6 ounce) cans tuna, drained
1 1/2 pounds starchy potatoes (such as Idaho), cut into 1/2-inch dice
2 tablespoons vegetable or olive oil
2 tablespoons ketchup
1 tablespoon Dijon mustard
2 tablespoons chopped fresh dill
2 tablespoons water
Salt and freshly ground black pepper

Directions

Heat 2 Tbs. oil over low heat in a 12-inch non-stick skillet (so potatoes don't stick). While skillet heats, prepare onion and tuna as directed above. A few minutes before cooking, increase heat to medium-high. When oil starts to send up wisps of smoke, add onion and tuna; cook, stirring often, until golden brown. Meanwhile, dice potatoes and toss with remaining oil. Transfer tuna mixture to a bowl and reserve.

Add potatoes to empty skillet; cook, stirring only occasionally so they form a golden-brown crust, about 10 minutes. As potatoes cook, mix ketchup, mustard, fresh dill and 2 Tbs. of water. (Recipe can be prepared to this point up to 2 hours ahead. Spread hot potatoes on a large lipped cookie sheet; cover when cool. Return skillet to medium-high; add potatoes and re-crisp.)

Return reserved tuna mixture to skillet; stir in ketchup mixture, then season with salt and pepper. Cook, stirring frequently, until hash has nicely browned, about 5 minutes longer.

Romaine Rice Tuna Salad

Ingredients

2 cups long grain white rice
4 cups water
1 head romaine lettuce, chopped
1 large carrot, grated
1 (7 ounce) can albacore tuna in water, drained and flaked
3 tablespoons olive oil
4 tablespoons balsamic vinegar
1/4 teaspoon salt, or to taste
1/4 teaspoon ground black pepper, or to taste

Directions

Combine the rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes, or until rice is tender and the water has been absorbed.

In a medium bowl, toss together the romaine lettuce, carrot, and tuna. Pour the olive oil and vinegar over this mixture, and season with salt and pepper. Toss to coat. When the rice is done, cool for about 5 minutes, then toss with the salad. The warm rice will wilt the romaine lettuce slightly. Taste and adjust the amounts of vinegar and oil or salt and pepper if desired. Serve immediately. This does not keep well.

Tuna Cheese Mac

Ingredients

1 cup uncooked egg noodles
2 1/2 cups sharp Cheddar cheese, shredded
1/4 cup milk
1/4 cup butter
1/3 cup cottage cheese
2 tablespoons sour cream
1 (12 ounce) can tuna, drained
1 1/2 cups green peas

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a saucepan over medium heat, combine cheddar cheese, milk, butter, cottage cheese, and sour cream; stir until melted.

Pour cooked noodles into the cheese mixture and stir until well mixed. Stir in canned tuna and green peas; heat thoroughly.

Avocado and Tuna Tapas

Ingredients

1 (12 ounce) can solid white tuna
packed in water, drained
1 tablespoon mayonnaise
3 green onions, thinly sliced, plus
additional for garnish
1/2 red bell pepper, chopped
1 dash balsamic vinegar
black pepper to taste
1 pinch garlic salt, or to taste
2 ripe avocados, halved and pitted

Directions

Stir together tuna, mayonnaise, green onions, red pepper, and balsamic vinegar in a bowl. Season with pepper and garlic salt, then pack the avocado halves with the tuna mixture. Garnish with reserved green onions and a dash of black pepper before serving.

Tarragon Tuna Salad

Ingredients

1/3 cup mayonnaise
3 tablespoons chopped fresh parsley
2 tablespoons chopped fresh chives
2 tablespoons chopped fresh tarragon
1 teaspoon minced lemon zest
2 teaspoons lemon juice
1 teaspoon Dijon mustard
1/8 teaspoon black pepper
1 (12 ounce) can solid white tuna packed in water, drained and flaked
8 (1 ounce) slices white or whole wheat bread
8 thin slices red tomato (optional)
4 (1 ounce) slices provolone cheese (optional)

Directions

Whisk together mayonnaise, parsley, chives, tarragon, lemon zest, lemon juice, Dijon mustard, and pepper in a bowl until well combined. Gently stir in the flaked tuna, cover, and refrigerate until chilled, about 30 minutes.

Spread tuna evenly over four of the bread slices. Top with tomatoes, and cheese if using, then top with remaining bread slices.

Penne with Pancetta, Tuna, and White Wine

Ingredients

3 tablespoons olive oil, divided
3 ounces pancetta bacon, diced
1 medium onion, chopped
1 clove garlic, minced
1/4 teaspoon crushed red pepper flakes
5 ounces fresh mushrooms, sliced
1/2 cup dry white wine
1/2 cup frozen green peas
12 cherry tomatoes, halved
5 ounces baby spinach
2 (6 ounce) cans solid white tuna packed in water, drained
1 tablespoon lemon juice
salt and pepper to taste
1 pound penne pasta
freshly grated Parmesan cheese

Directions

Heat 1 tablespoon olive oil in a skillet over medium heat. Stir in pancetta, and cook until browned. Remove to paper towels.

Return skillet to medium heat, and pour in 2 tablespoons olive oil. Stir in onion, garlic, and crushed red pepper. Cook until soft, about 5 minutes. Stir in mushrooms. Cook until they begin to give off juices.

Turn the heat up to medium high, and pour in wine. Cook about 3 minutes.

Reduce heat to medium low. Stir in peas, cherry tomatoes, and spinach. Flake in tuna, drizzle in lemon juice, and season with salt and pepper. Stir to combine, and cook until warmed through.

Meanwhile, bring a large pot of salted water to boil. Cook penne until al dente, about 8 to 10 minutes. Drain, and stir into tuna mixture. Top with freshly grated Parmesan.

Hurry-Up Tuna Supper

Ingredients

1 (10 ounce) package frozen mixed vegetables
2 cups water
2 tablespoons dried minced onion
1/2 teaspoon salt
1 (10.75 ounce) can condensed cream of celery soup, undiluted
1 1/3 cups uncooked instant rice
1 (6 ounce) can tuna, drained and flaked
2 teaspoons dried parsley flakes
3/4 teaspoon dried marjoram
1 teaspoon lemon juice

Directions

In a skillet, combine the vegetables, water, onion and salt. Bring to a boil over medium heat. Stir in the soup, rice, tuna, parsley and marjoram. Reduce heat; cover and simmer for 5-10 minutes or until the rice is tender and the liquid is absorbed. Stir in lemon juice. Serve immediately.

Nana's Tuna Casserole Surprise

Ingredients

1 (12 ounce) can chunk light tuna
in water, drained
2 cups multigrain flake cereal
1/4 cup minced onion
1 (10 ounce) can condensed
cream of mushroom or celery
soup, undiluted
2 tablespoons extra virgin olive oil
1 1/2 cups shredded Swiss
cheese
1/2 cup dry roasted peanuts

Directions

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 9x13 inch baking dish.

Mix the tuna, cereal, onion, mushroom soup, and olive oil together in a bowl until blended. Spoon mixture into the prepared baking dish. Sprinkle evenly with cheese and peanuts.

Bake in preheated oven until cheese melts, about 30 minutes. Cut into squares to serve.

Mock Tuna Salad

Ingredients

1 (19 ounce) can garbanzo beans,
drained and mashed
2 tablespoons mayonnaise
2 teaspoons spicy brown mustard
1 tablespoon sweet pickle relish
2 green onions, chopped
salt and pepper to taste

Directions

In a medium bowl, combine garbanzo beans, mayonnaise, mustard, relish, chopped green onions, salt and pepper. Mix well.

Not Your Mama's Tuna Casserole

Ingredients

6 eggs
2 (10 ounce) packages frozen
chopped spinach, thawed and
drained
2 tablespoons onion powder
1 (12 ounce) can tuna, drained
2 (10.75 ounce) cans condensed
cream of mushroom soup
1 cup sour cream
1/4 cup butter, melted
4 slices soft bread, torn into small
pieces

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place eggs in a saucepan and cover with cold water. Bring water to a boil. Cover pan, remove from heat, and let eggs stand in the hot water for 10 to 12 minutes. Remove from water; peel and chop.

Combine the chopped eggs, spinach, onion powder, tuna, cream of mushroom soup, and sour cream in a 9x13 inch baking dish. Mix well. Scatter bread pieces over tuna mix; drizzle with melted butter.

Bake in preheated oven until bread is toasted and casserole is hot, about 30 to 35 minutes.

Cheesy Tuna Melts

Ingredients

1 (6 ounce) can tuna, drained
1/3 cup chopped celery
2 tablespoons mayonnaise
1 pinch salt
4 English muffins, split and
toasted
8 slices ripe tomato
8 slices Cheddar cheese

Directions

Preheat oven to broil.

In a bowl, mix together tuna, celery, mayonnaise and salt. Spread tuna mixture onto the toasted muffin halves and place them on a baking sheet. Top each half with a slice of tomato and a slice of cheese.

Broil until cheese is melted, about 3 to 5 minutes.

Sesame-Crusted Tuna with Summer Salsa

Ingredients

1 avocado, diced
1 mango - peeled, seeded and
diced
1 tablespoon lime juice
1/4 teaspoon ground ginger
1/4 teaspoon wasabi powder
salt and freshly ground black
pepper to taste
1/4 cup toasted sesame seeds
2 teaspoons canola oil
2 (4 ounce) (1- to 1 1/2-inch-thick)
tuna steaks

Directions

Preheat grill for medium heat. Lightly oil grate.

Mix together the avocado, mango, lime juice, ground ginger, and wasabi powder in a bowl. Season to taste with salt and pepper. Set aside until ready to serve.

Spread the sesame seeds over the bottom of a shallow dish. Brush the tuna steaks with the canola oil, and dip into the sesame seeds, evenly coating both sides.

Place tuna steaks on prepared grill. Cook until fish turns opaque, turning once, about 4 minutes for 1 inch thick steaks. Serve immediately with summer salsa and additional wasabi on the side.

Sushi-Inspired Tuna Salad

Ingredients

1 (6 ounce) can solid white tuna
packed in water, drained
1/2 cup mayonnaise
1 tablespoon wasabi paste, or to
taste
1 teaspoon minced fresh ginger
root
1 tablespoon minced green onion

Directions

In a medium bowl, mix together the tuna, mayonnaise, wasabi paste, ginger and green onion. Serve on lettuce leaves or make a sandwich with white bread.

Summertime Tuna Pasta Salad

Ingredients

1 cup creamy salad dressing (e.g. Miracle Whip)
1 teaspoon dried dill weed
1/2 teaspoon ground black pepper
2 cups elbow macaroni
1 (6 ounce) can tuna, drained
1 cup broccoli florets
1 cup chopped carrots
1 cup sliced celery
1 cup cucumber - peeled, seeded and chopped

Directions

In a large bowl, mix dressing, dill weed and ground black pepper. Mix in macaroni, tuna, broccoli, celery and cucumber until well blended. Cover and refrigerate until ready to serve.

Tuna Fish Pea Salad

Ingredients

1 (12 ounce) can chunk light tuna
in water, drained
1 (15 ounce) can peas, drained
1/4 cup reduced-fat mayonnaise,
or as needed
1 teaspoon garlic powder
1 teaspoon ground black pepper

Directions

Place the tuna into a bowl with the peas, and lightly stir to break up the tuna and combine with the peas. Add the mayonnaise, garlic powder, and pepper, and stir to mix well.

Tuna Macaroni Salad

Ingredients

16 ounces macaroni
2 (6 ounce) cans tuna, drained
1 (15 ounce) can peas, drained
1 (15 ounce) can carrots, drained
1 (1 ounce) package dry Ranch-style dressing mix
1 cup mayonnaise
1/2 cup milk
salt and pepper to taste

Directions

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

In a large bowl, combine pasta, tuna, peas and carrots.

Whisk together the salad dressing mix, mayonnaise and milk. Stir into pasta mixture. Cover and refrigerate until chilled.

Tuna Mushroom Casserole

Ingredients

2 cups bow tie pasta
2 (6 ounce) cans tuna, drained
2 (4.5 ounce) cans mushrooms, drained
1 (10.75 ounce) can condensed cream of mushroom soup
1 1/3 cups milk
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 cup dry bread crumbs
3 tablespoons melted butter
2 teaspoons dried thyme, crushed

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 1 quart casserole dish.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a mixing bowl, combine mushroom soup, milk, salt and pepper. Mix thoroughly. Then add tuna, mushrooms and pasta. Mix thoroughly. Pour mixture into greased casserole dish.

In another mixing bowl, combine bread crumbs, butter and thyme. Mix well. Sprinkle over the top of the mixture.

Bake uncovered in a preheated oven for 40 minutes or until bubbling and golden brown.

Tuna and Pasta Cheddar Melt

Ingredients

1 (10.5 ounce) can Campbell'sB® Condensed Chicken Broth
1 (10.75 ounce) can water
3 cups uncooked corkscrew-shaped pasta
1 (10.75 ounce) can Campbell'sB® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
1 cup milk
1 (6 ounce) can tuna, drained and flaked
1 cup shredded Cheddar cheese
2 tablespoons Italian-seasoned dry bread crumbs
2 teaspoons butter or margarine, melted

Directions

Heat broth and water to a boil in skillet. Add pasta and cook until just tender, stirring often. Do not drain.

Stir in soup, milk and tuna. Top with cheese. Mix bread crumbs with butter. Sprinkle on top. Heat through.

Thai Tuna Salad

Ingredients

1/4 cup Asian fish sauce
1/2 cup fresh lime juice
2 tablespoons honey
2 1/4 pounds fresh tuna steaks,
cubed
1/4 cup extra-virgin olive oil
4 fresh tomatoes, chopped
1 bunch green onion, finely
chopped
1 small fresh red chile pepper,
seeded and chopped
1/2 cup fresh cilantro leaves
1/2 cup fresh basil

Directions

In a small bowl, mix together fish sauce, lime juice, and honey. Place tuna in a large, plastic, resealable bag, and pour fish sauce mixture over the tuna. Refrigerate for 1 hour.

Heat 2 tablespoons olive oil in a wok over high heat. When the oil is very hot, almost smoking, place 1/2 tuna in pan; cook and stir for 1 minute, or until desired doneness. Transfer cooked fish to a large bowl. Repeat with remaining oil and tuna.

Toss warm fish with tomatoes, green onion, red chile pepper, cilantro, and basil. Serve.

Mushroom Tuna Noodle Casserole

Ingredients

5 cups dry egg noodles
1 (10.75 ounce) can condensed cream of mushroom soup
1 cup milk
1 1/2 cups water
2 (12 ounce) cans tuna, drained and flaked
1 (10 ounce) package frozen green peas
1 (10 ounce) package frozen carrots
2 (15 ounce) cans sliced potatoes, drained
salt to taste
ground black pepper to taste
paprika to taste
3/4 cup dry bread crumbs

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a mixing bowl combine soup, milk, and water. Pour a small amount of the mixture into a 9x13 inch baking dish; enough to just cover the bottom.

Layer the cooked noodles, flaked tuna, peas, carrots, and potatoes until all used up. Pour the remaining soup mixture over the layers. Sprinkle with salt, pepper, and paprika. Lightly coat the entire casserole with bread crumbs.

Cover and bake in preheated oven for 45 minutes.

Artichoke Tuna Toss

Ingredients

3 1/2 cups water
1/4 cup butter or margarine
2 (4.6 ounce) packages garlic and olive oil vermicelli mix
1 (16 ounce) can artichoke hearts, undrained and quartered
2 (6 ounce) cans light water-packed tuna
1 (10 ounce) package frozen peas
1 tablespoon olive or vegetable oil
1 tablespoon cider or red wine vinegar
4 cloves garlic, minced

Directions

In a saucepan, bring water and butter to a boil. Stir in vermicelli with contents of seasoning packets, artichokes, tuna, peas, oil, vinegar and garlic. Return to a boil; cook, uncovered, for 8-10 minutes or until vermicelli is tender. Let stand 5 minutes before serving.

Easy Cheesy Tuna Casserole

Ingredients

1 (16 ounce) package medium seashell pasta
1 tablespoon vegetable oil
1 (10.75 ounce) can condensed cream of mushroom soup
1 (15 ounce) can mixed vegetables, drained
1 (6 ounce) can tuna, drained
2 cups shredded Cheddar cheese
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add 1 tablespoon oil to the water to prevent sticking. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Preheat oven to 350 degrees F (175 degrees C).

In a 2 quart saucepan over medium heat, combine the cream of mushroom soup, mixed vegetables, canned tuna, and 1 cup of the cheddar cheese. Gently fold pasta into the soup mixture and mix thoroughly. Pour pasta and soup mixture into a 11x7 inch baking dish. Sprinkle remaining cup of cheese on top.

Bake in a preheated oven until cheese is melted and bubbly.

Venia's Tuna Salad

Ingredients

1 cup mayonnaise
1/2 teaspoon salt
1 large head iceberg lettuce -
rinsed, dried, and chopped
1 onion, chopped
1 tomato, chopped
1 (6 ounce) can tuna, drained and
flaked

Directions

In a large bowl, whisk together the mayonnaise and salt. Stir in the lettuce, onion, tomato and tuna until all ingredients are coated. Enjoy!

Tuna and Red Pepper Sauce

Ingredients

8 ounces roasted red bell peppers, diced
1 (6 ounce) can tuna, drained
1/4 cup chopped parsley
1/4 cup olive oil
2 teaspoons capers
2 teaspoons minced garlic
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 pound seashell pasta

Directions

Cook pasta in a large pot of boiling salted water until al dente.

In large serving bowl, combine roasted red peppers, tuna, parsley, olive oil, capers, garlic, and salt and pepper.

Drain pasta. Toss immediately with tuna mixture.

Baked Tuna 'Crab' Cakes

Ingredients

2 (12 ounce) cans chunk light tuna in water, drained and flaked
1 cup bread crumbs
1 zucchini, shredded
1/2 green bell pepper, chopped
1/2 onion, finely chopped
1/2 cup green onions, chopped
2 cloves garlic, pressed or minced
1 teaspoon finely chopped jalapeno pepper
1/2 cup nonfat cottage cheese
1/4 cup fat free sour cream
2 eggs
1 lime, juiced
1 tablespoon dried basil
1 teaspoon ground black pepper
salt to taste
2 eggs
1 cup yellow cornmeal

Directions

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil, and spray with cooking spray.

In a large bowl, thoroughly mix the tuna, bread crumbs, zucchini, green pepper, onion, green onions, garlic, jalapeno pepper, cottage cheese, sour cream, 2 eggs, lime juice, dried basil, pepper, and salt.

Beat 2 eggs in a shallow bowl, and place the cornmeal on a plate.

Scoop up about 1/4 cup of the tuna mixture, and gently form it into a compact patty. Dip both sides of each cake into beaten egg and then press into cornmeal, and place the cakes onto the prepared baking sheet. Spray the tops of the cakes with cooking oil spray.

Bake in the preheated oven until the tops of the cakes are beginning to brown, about 20 minutes. Flip each cake, spray with cooking spray, and bake until the cakes are cooked through and lightly browned, about 20 more minutes.

Dill Veggie Tuna Salad

Ingredients

1/2 cup small pasta shells,
uncooked
1 (6 ounce) can water-packed
tuna, drained and flaked
1 large tomato, chopped
1 cucumber - peeled, seeded, and
chopped
1 small red bell pepper, chopped
1/2 cup chopped green onions
2 stalks celery, chopped
6 tablespoons ranch dressing
3 tablespoons chopped fresh dill

Directions

Fill a pot with lightly salted water and bring to a rolling boil. Once the water is boiling, stir in the shell pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, about 13 minutes. Drain well in a colander set in the sink, and chill by rinsing with cold water.

Combine the cooled pasta, tuna, tomato, cucumber, red bell pepper, green onions, and celery in a salad bowl, and toss lightly to mix. Stir in the ranch dressing and dill, cover, and refrigerate until chilled, at least 1 hour.

Tasty Tuna Burgers

Ingredients

- 1 (6 ounce) can tuna, drained
- 1 egg
- 1/2 cup Italian seasoned bread crumbs
- 1/3 cup minced onion
- 1/4 cup minced celery
- 1/4 cup minced red bell pepper
- 1/4 cup mayonnaise
- 2 tablespoons chili sauce
- 1/2 teaspoon dried dill weed
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 dash hot pepper sauce
- 1 dash Worcestershire sauce
- 4 hamburger buns
- 1 tomato, sliced
- 4 leaves of lettuce (optional)

Directions

Combine tuna, egg, bread crumbs, onion, celery, red bell pepper, mayonnaise, hot chili sauce, chili sauce, dill, salt, pepper, hot pepper sauce and Worcestershire sauce. Mix well. Shape into 4 patties (mixture will be very soft and delicate). Refrigerate for 30 minutes to make the patties easier to handle, if desired.

Coat a non-stick skillet with cooking spray; fry tuna patties for about 3 to 4 minutes per side, or until cooked through. These are fragile, so be careful when turning them.

Serve on buns with tomato slices and lettuce leaves, if desired.

Miss May's Tuna Casserole

Ingredients

1 (12 ounce) package egg noodles
3 (6 ounce) cans tuna, drained
1 tablespoon ground black pepper
1 tablespoon salt
1/3 cup chopped onion
1/3 cup chopped green bell pepper
1 1/2 cups milk
2 (10.75 ounce) cans condensed cream of chicken soup
1 1/2 cups American cheese

Directions

Bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes or until al dente; drain and place in a large mixing bowl.

Preheat oven to 350 degrees F (175 degrees C).

Add tuna, black ground pepper, salt, onion, green bell pepper, milk and soup to noodles; mix. Pour mixture into a 9x13 inch baking dish and top with cheese.

Bake in preheated oven for 25 to 30 minutes or until cheese is a golden brown; serve.

Tuna Mornay

Ingredients

1/4 cup butter
2 tablespoons all-purpose flour
2 cups milk
1/2 teaspoon dry mustard
1 cup shredded Cheddar cheese
salt and pepper to taste
3 (7 ounce) cans tuna packed in water, drained
3 tablespoons chopped fresh parsley
3 hard-cooked eggs, peeled and chopped
1 cup crushed plain potato chips
1 pinch paprika, for garnish
8 ounces fettuccini pasta

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Melt the butter in a small skillet over low heat. Stir in the flour until smooth and continue to cook and stir for 1 minute. Remove the pan from the heat and gradually stir in the milk so that no lumps form. Return to the burner and heat, stirring constantly, until thickened, about 3 minutes. Remove from the heat and whisk in the mustard powder and a little more than half of the Cheddar cheese until melted. Season with salt and pepper.

Flake the tuna and stir it into the sauce along with the parsley and chopped egg. Transfer to a 9 inch round cake pan. Mix together the potato chips and remaining Cheddar cheese and sprinkle over the top. Dust very lightly with paprika.

Bake for 20 minutes in the preheated oven, or until the top is golden brown.

Meanwhile, bring a large pot of lightly salted water to a boil. Add fettuccini pasta and cook for 8 minutes, or until tender; drain. Serve tuna Mornay over fettucine.

Fresh Tuna Ceviche

Ingredients

12 ounces sashimi grade tuna
3/4 bunch green onions, thinly sliced
1/2 medium onion, finely diced
2 teaspoons minced fresh ginger root
1 fresh jalapeno pepper, seeded and minced
1/4 cup lemon juice, or to taste
1/4 teaspoon soy sauce, or to taste

Directions

Cut tuna into 1/2 inch cubes, and place into a bowl. Stir in the onion, green onions, ginger, jalapeno, lemon juice, and soy sauce; mix to combine. Cover and refrigerate for 2 to 3 hours. Taste before serving and add more lemon juice or soy sauce as needed.

Tuna Mousse

Ingredients

2 envelopes unflavored gelatin
1/2 cup water
1 (10.75 ounce) can condensed cream of mushroom soup
1 (8 ounce) package cream cheese, softened
1 1/2 tablespoons Worcestershire sauce
1 cup mayonnaise
salt and pepper to taste
1 teaspoon onion salt
1 teaspoon celery salt (optional)
1 (12.5 ounce) can water-packed tuna, drained

Directions

Line a mold, or pie pan with plastic wrap.

In a small bowl, dissolve gelatin in water and set aside.

In a large saucepan, heat soup and cream cheese until soft and smooth. Remove pan from heat.

Mix gelatin mixture, Worcestershire sauce, mayonnaise, salt and pepper (to taste), onion salt, celery salt, and tuna fish into the soup and cheese saucepan. Stir mixture until smooth.

Cover mold or pan and chill overnight. When ready to serve remove the tuna mousse from the mold and serve.

Tuna, Noodles, Pickles and Cheese

Ingredients

8 ounces uncooked elbow macaroni
2 dill pickles, chopped
6 ounces Colby-Jack cheese, cubed
1 (6 ounce) can albacore tuna in water, drained and flaked
1/2 cup light mayonnaise
1/2 teaspoon prepared yellow mustard
1 teaspoon dill pickle juice

Directions

Bring a saucepan of lightly salted water to a boil. Add the macaroni, and cook until tender, about 7 minutes. Rinse under cold running water, then drain well and pat lightly with paper towels.

In a large bowl, stir together the macaroni, pickles, cheese, tuna, mayonnaise and mustard. Season with a splash of pickle juice, salt and pepper. Cover, and refrigerate for at least 30 minutes before serving.

Tangy Tuna Macaroni Salad

Ingredients

1 cup uncooked elbow macaroni
1 cup chopped celery
1 (6 ounce) can light water-packed tuna, drained and flaked
3/4 cup Frozen Peas, thawed
3 tablespoons minced fresh parsley
2 tablespoons sliced stuffed green olives
1/2 cup reduced-fat mayonnaise
1/2 cup fat-free plain yogurt
1 tablespoon red wine vinegar or cider vinegar
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon garlic salt
1/4 teaspoon ground mustard

Directions

Cook macaroni according to package direction; drain and rinse in cold water. In a serving bowl, combine the macaroni, celery, tuna, peas, parsley and olives. In a small bowl, combine the remaining ingredients; add to tuna mixture and toss to coat. Cover and refrigerate for at least 4 hours or overnight.

Home On The Range Tuna Salad

Ingredients

2 eggs
1 (6 ounce) can tuna, drained
1 cup low-fat cottage cheese
1/4 cup chopped celery
1/4 cup chopped green onions
2 tablespoons chopped fresh parsley
1 teaspoon lemon pepper
1/4 teaspoon celery salt
1 teaspoon lemon juice
1/4 cup mayonnaise

Directions

Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. Peel, and chop.

In a large bowl, flake tuna. Add cottage cheese, eggs, celery, green onions, parsley, lemon pepper seasoning, celery salt, lemon juice, and mayonnaise; mix well. Chill.

Simple Tuna Melt

Ingredients

1 (6 ounce) can tuna, drained and flaked
2 tablespoons mayonnaise
1 pinch salt
1 teaspoon balsamic vinegar
1 teaspoon Dijon mustard
2 slices whole wheat bread
2 teaspoons chopped dill pickle
1/4 cup shredded sharp Cheddar cheese

Directions

Preheat the oven to 375 degrees F (190 degrees C). Place bread slices in the oven to toast while it preheats, and while you make the tuna salad.

In a small bowl, mix together the tuna, mayonnaise, salt, balsamic vinegar, mustard and dill pickle until well blended. Remove bread from the oven, and pile the tuna mixture onto one slice. Sprinkle cheese over the other slice of bread.

Bake for 7 minutes in the preheated oven, or until cheese is melted and tuna is heated through. Place the cheese side of the sandwich on top of the tuna side. Cut in half and serve immediately.

Tex-Mex Tuna Salad

Ingredients

2 (6 ounce) cans tuna, drained and flaked
1/2 cup sliced black olives
1/2 cup sliced green onion
1/2 cup sliced celery
2/3 cup salsa
1/2 cup sour cream
1 teaspoon ground cumin
1/2 head iceberg lettuce, shredded
12 medium taco shells

Directions

In a large bowl, combine the tuna, olives, green onions and celery; toss together.

In a medium bowl, whisk together the salsa, sour cream and cumin. Pour over tuna mixture; lightly toss to mix.

Line taco shells with shredded lettuce and spoon tuna mixture into shells. Drizzle with additional salsa or top with additional sour cream if desired.

Grilled Tuna Steaks with Grape and Caper Salsa

Ingredients

2 cups red seedless grapes,
halved
1/3 cup capers, drained and
rinsed
1 shallot, minced
2 tablespoons chopped fresh
parsley
1 tablespoon olive oil
salt and black pepper to taste
4 (8 ounce) tuna steaks
1/4 cup fresh lemon juice

Directions

Preheat an outdoor grill for medium-high heat and lightly oil grate.

Stir together grapes, capers, shallot, parsley, and olive oil in a bowl; season to taste with salt and pepper, and set aside. Place tuna steaks onto a plate, and brush with lemon juice. Season with salt and pepper to taste.

Cook tuna steaks on preheated grill until cooked to desired degree of doneness, 2 to 3 minutes per side for medium-rare. Serve with the grape and caper salsa.

White Bean Tuna Salad

Ingredients

1/4 cup red wine vinegar
3 garlic cloves, minced
2 teaspoons Dijon mustard
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil
2 (15 ounce) cans white kidney or cannellini beans, drained and rinsed
2 (6 ounce) cans light water-packed albacore tuna, drained and flaked
3/4 cup sliced black olives
1/2 cup chopped red onion

Directions

In a small bowl, combine the vinegar, garlic, mustard, sugar, salt and pepper; gradually whisk in oil. In a large bowl, combine the beans, tuna, olives and onion; add dressing and toss gently. Cover and refrigerate until serving.

Grilled Tuna with Pineapple Salsa

Ingredients

1/2 medium fresh pineapple,
peeled and cut into 1/2 inch slices
1 small onion, diced
2 jalapeno peppers, seeded and
diced
2 tablespoons minced fresh
cilantro
2 tablespoons lime juice
4 (6 ounce) tuna steaks
1 tablespoon olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

Grill pineapple slices, uncovered, over medium heat for 5-7 minutes on each side. Chill for 30 minutes.

Dice the pineapple; place in a bowl. Stir in the onion, jalapenos, cilantro and lime juice. Refrigerate for 1 hour or until chilled.

Brush tuna steaks with oil; sprinkle with salt and pepper. Grill, covered, over medium heat for 5 minutes on each side or until fish flakes easily with a fork. Serve with pineapple salsa.

Mozzarella Tuna Melts

Ingredients

1 (6 ounce) can water-packed tuna, drained and flaked
1/4 cup finely chopped celery
1/4 cup finely chopped onion
1/4 cup mayonnaise
4 hamburger buns, split
4 slices mozzarella cheese
4 tomato slices
4 lettuce leaves

Directions

In a small bowl, combine the tuna, celery, onion and mayonnaise. Spread on bottom of buns; set bun tops aside. Top tuna mixture with a slice of cheese and tomato. Place on an ungreased baking sheet. Bake, uncovered, at 350 degrees F for 12-15 minutes or until heated through and cheese is melted. Top each with a lettuce leaf; replace bun tops.

Grilled Tuna Steaks with Dill Sauce

Ingredients

1/2 cup lemon juice
1/2 cup olive oil
2 1 1/4-inch-thick tuna steaks
1/4 cup spicy brown mustard
1 teaspoon mustard powder
3 tablespoons white sugar
2 tablespoons white wine vinegar
1/3 cup olive oil
3 tablespoons dried dill

Directions

Combine the lemon juice with 1/2 cup olive oil in a sealable plastic bag; seal and shake. Add the tuna steaks and store in refrigerator to marinate while the grill preheats.

Preheat an outdoor grill for high heat, and lightly oil the grate.

Whisk the brown mustard, mustard powder, sugar, vinegar, and 1/3 cup olive oil together in a bowl; stir in the dill.

Remove the tuna from the marinade and discard the marinade; cook the steaks on the preheated grill until the fish flakes easily with a fork, about 6 minutes per side. Drizzle the steaks with the mustard and dill sauce to serve.

Marinated Tuna Steak

Ingredients

1/4 cup orange juice
1/4 cup soy sauce
2 tablespoons olive oil
1 tablespoon lemon juice
2 tablespoons chopped fresh parsley
1 clove garlic, minced
1/2 teaspoon chopped fresh oregano
1/2 teaspoon ground black pepper
4 (4 ounce) tuna steaks

Directions

In a large non-reactive dish, mix together the orange juice, soy sauce, olive oil, lemon juice, parsley, garlic, oregano, and pepper. Place the tuna steaks in the marinade and turn to coat. Cover, and refrigerate for at least 30 minutes.

Preheat grill for high heat.

Lightly oil grill grate. Cook the tuna steaks for 5 to 6 minutes, then turn and baste with the marinade. Cook for an additional 5 minutes, or to desired doneness. Discard any remaining marinade.

Chili Tuna Roll-Ups

Ingredients

2 (6 ounce) cans tuna, drained
2/3 tablespoon sweet chili sauce
6 green onions, chopped
1 tablespoon water
6 (12 inch) flour tortillas
1 (8 ounce) package Neufchatel cheese

Directions

In a small bowl, mix tuna, chili sauce and green onions. Blend in enough water to allow easy spreading.

Lay tortillas one by one on a flat surface. Spread a thin layer of cheese onto each tortilla, covering the entire surface. Spread tuna mixture over cheese to within an inch of tortilla edge.

Starting at the top, roll up the tortilla into a snug cylindrical shape, ensuring the cream cheese seals the bottom.

Enclose roll-ups in aluminum foil, and refrigerate or freeze until serving. When ready to serve, cut the roll-ups into 2 inch slices. If frozen, slice the roll-ups about 15 minutes before serving time to allow them to defrost completely.

Tuna Macaroni Salad

Ingredients

3 cups macaroni
1/3 cup Italian-style salad dressing
1/2 cup sour cream
1 cup mayonnaise
1 onion, chopped
2 stalks celery, chopped
1/2 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon ground black pepper
1 (6 ounce) can tuna, drained

Directions

Cook pasta in a large pot of boiling salted water until done. Drain.

Marinate macaroni in Italian dressing for 2 to 3 hours or overnight.

Mix sour cream, mayonnaise, onion, celery, garlic powder, tuna, and salt and pepper into macaroni. Chill.

Tuna Fish Salad

Ingredients

1 (6 ounce) can tuna, drained
1 tablespoon chopped fresh parsley
1/4 cup chopped celery
1/2 cup mayonnaise
1/2 teaspoon lemon juice
1/4 cup chopped onion
1/4 teaspoon garlic powder
1/8 teaspoon salt
1/8 teaspoon ground black pepper
paprika to taste

Directions

In a large bowl, combine the tuna, celery, onion, mayonnaise, lemon juice, parsley, garlic powder, salt and pepper. Mix well and refrigerate until chilled. Sprinkle with paprika if desired.

Tangy Tuna

Ingredients

1 (6 ounce) can tuna
1/3 cup water
1 teaspoon onion powder
1 teaspoon garlic powder
1 onion, sliced into rings

Directions

Place tuna in a medium saucepan and pour water over it, then sprinkle with onion powder and garlic powder. Lay onion rings on top, cover the pan and simmer about 5 minutes, or until cooked through.

Tasty Tuna Steak

Ingredients

1 tablespoon olive oil
1 1/2 teaspoons whole fennel seeds
3 cloves garlic, minced
1 red bell pepper, cut into thin strips
3/4 cube fish bouillon, crushed
1/2 lemon, juiced
2 tablespoons dry white wine
1 head baby bok choy, cleaned and sliced

salt and black pepper to taste
1 1/2 teaspoons fennel seeds, crushed
1 (8 ounce) tuna steak
1 tablespoon olive oil

Directions

Heat 1 tablespoon of olive oil in a skillet over medium heat. Stir in 1 1/2 teaspoons of whole fennel seeds, and cook until they bubble and begin to pop, about 30 seconds. Stir in the garlic and red bell pepper; cook and stir for 2 minutes. Stir in the fish bouillon until dissolved, then add the lemon juice, white wine, and bok choy. Cook and stir until the bok choy is tender, about 5 minutes.

Meanwhile, combine some salt and pepper with the crushed fennel seeds on a plate. Press the tuna steak into the salt mixture on both sides. Heat the remaining tablespoon of olive oil in a separate skillet over high heat. Place the tuna steak in the skillet, and cook until browned on both sides and cooked to your desired degree of doneness, about 45 seconds per side for rare.

Cut the tuna into 1/4-inch thick slices and arrange onto a serving platter. Top with the bok choy mixture to serve.

Easy Weeknight Tuna Pot Pie

Ingredients

2 tablespoons butter
1 small onion, diced
2 (6 ounce) cans tuna, drained
1 (10 ounce) package frozen mixed vegetables
1 (10.75 ounce) can condensed cream of mushroom soup
1/2 cup shredded Cheddar cheese
1 (8 ounce) package refrigerated crescent rolls

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Melt the butter in a saucepan over medium heat. Add onions and cook until soft and translucent. Mix in the tuna and frozen vegetables, stirring often until the vegetables are heated through, 5 to 10 minutes. Stir in the cream of mushroom soup. Pour the tuna mixture into a 9 inch pie dish and sprinkle with shredded cheese.

Unroll and separate the crescent rolls. Lay each crescent roll on top of the tuna mixture with the point facing inward, the rolls may overlap slightly. Bake until crescent rolls are golden brown and mixture is bubbly, 11 to 13 minutes. Let the pie sit for 5 to 10 minutes before cutting and serving.

Tuna Noodle Cups

Ingredients

8 ounces medium egg noodles
1 (10 ounce) package frozen peas and carrots, thawed
1 small onion, finely chopped
1 (6 ounce) can tuna, drained
2 cups shredded Cheddar cheese
3 eggs
1 (12 ounce) can evaporated milk
1/2 cup water

Directions

Cook noodles according to package direction's drain and place in a large bowl. Add the peas and carrots, onion, tuna and cheese. In a small bowl, combine eggs, milk and water; stir into the noodle mixture. Spoon into greased muffin cups.

Bake at 350 degrees F for 30-35 minutes or until a knife comes out clean. Cool for 5 minutes; loosen edges with a knife to remove from cups. Serve immediately.

Smoked Tuna Dip

Ingredients

3/4 cup Italian-style salad dressing
1 cup sour cream
1/2 teaspoon seasoning salt
1 tablespoon minced onion
1 teaspoon liquid smoke flavoring
1 (6 ounce) can tuna, drained and flaked

Directions

In a medium bowl, mix the Italian-style salad dressing, sour cream, seasoning salt, onion, liquid smoke and tuna. Chill in the refrigerator approximately 1 hour before serving.

Mini Tuna Casseroles

Ingredients

1/2 cup chopped green onions
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
3/4 cup milk
1 (6 ounce) can tuna, drained
1 cup crushed potato chips,
divided
1/4 teaspoon pepper

Directions

In a saucepan, saute onions in butter. Stir in flour until blended. Gradually stir in milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from the heat. stir in the tuna, 1/2 cup of potato chips and pepper. Pour into two greased 8-oz. baking dishes. Sprinkle with remaining potato chips. Bake, uncovered, at 350 degrees F for 20-25 minutes or until hot and bubbly.

Easy Tuna Casserole

Ingredients

3 cups cooked macaroni
1 (6 ounce) can tuna, drained
1 (10.75 ounce) can condensed
cream of chicken soup
1 cup shredded Cheddar cheese
1 1/2 cups French fried onions

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 9x13-inch baking dish, combine the macaroni, tuna, and soup. Mix well, and then top with cheese.

Bake at 350 degrees F (175 degrees C) for about 25 minutes, or until bubbly. Sprinkle with fried onions, and bake for another 5 minutes. Serve hot.

Macaroni and Tuna Fish Salad

Ingredients

1 (16 ounce) package macaroni
2 (6 ounce) cans tuna, drained
1/4 cup mayonnaise
salt and pepper to taste
garlic powder to taste
1 pinch dried oregano
1 onion, finely chopped

Directions

Bring a large pot of lightly salted water to a boil. Add macaroni and cook for 8 to 10 minutes or until al dente; drain and cool under running water.

Mix both cans of tuna into the cooled pasta. Add the mayonnaise. Use more or less to your taste. You want just enough to get the flavor into the salad, but not enough to see the white of the mayonnaise on the noodles. Stir in salt, pepper, garlic powder, oregano and onion.

Teriyaki Tuna Steaks

Ingredients

1/4 cup reduced-sodium soy sauce
3 tablespoons brown sugar
3 tablespoons olive or canola oil
2 tablespoons white wine vinegar or cider vinegar
2 tablespoons sherry or chicken broth
2 tablespoons unsweetened pineapple juice
2 garlic cloves, minced
1 1/2 teaspoons ground ginger
4 (6 ounce) tuna steaks

Directions

In a bowl, combine the first eight ingredients; mix well. Remove 1/3 cup to a small bowl for basting; cover and refrigerate. Pour remaining marinade into a large resealable plastic bag; add tuna. Seal bag and turn to coat; refrigerate for up to 1 hour.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. Grill tuna, uncovered, over medium heat for 5-6 minutes on each side or until fish flakes easily with a fork, basting frequently with reserved marinade.

Spicy Southern Chicken And Tuna Biscuit

Ingredients

2 (16.3 ounce) cans refrigerated biscuit dough (such as Pillsbury®)
2 skinless, boneless chicken breast halves
3 (6 ounce) cans tuna (such as Chicken of the Sea®), drained
1/4 cup mayonnaise (such as Best Foods®)
1/8 teaspoon whole grain mustard
1 teaspoon ground white pepper
1 teaspoon cayenne pepper
1/2 teaspoon paprika
1/8 teaspoon ground cumin
1 head lettuce, leaves rinsed and dried

Directions

Preheat an oven to 375 degrees F (190 degrees C).

Place biscuit dough on a baking sheet, about 1 to 2 inches apart. Bake in the preheated oven until golden brown, about 11 to 15 minutes. Remove from oven and allow the biscuits to cool.

Heat a skillet over medium-high heat and cook the chicken breasts until no longer pink in the center and the juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove the chicken from the skillet and dice into 1/2 inch cubes.

Mix tuna, mayonnaise, and mustard in a bowl until combined. Stir in white pepper, cayenne pepper, paprika, and cumin. Reserve 1/4 of the tuna mixture in a separate bowl. Combine the remaining 3/4 portion of the tuna mixture with the chicken. Split each biscuit in half and place over a bed of lettuce leaves. Divide chicken and tuna mixture on top of each biscuit half. Use the remaining 1/4 portion of the tuna mixture as a garnish on the lettuce leaves.

Tuna and Mandarin Salad

Ingredients

1 tablespoon olive oil
1 (6 ounce) can tuna, drained and flaked
1 (10 ounce) package mixed baby greens
1 Granny Smith apple - peeled, cored and diced
1 (11 ounce) can mandarin orange segments, drained

Directions

Heat olive oil in a small skillet over medium heat, and saute the tuna until heated through.

In a medium bowl, toss together tuna, salad greens, apple, and mandarin oranges.

Tuna Rice Puff

Ingredients

2/3 cup uncooked white rice
1 1/3 cups water

2 egg whites
1/3 cup butter
1/4 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon ground black pepper
1 1/2 cups milk
2 egg yolks
1 (12 ounce) can tuna, undrained
2 tablespoons grated onion
1 tablespoon lemon juice

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Preheat an oven to 350 degrees F (175 degrees C). Beat egg whites until foamy in a large glass or metal mixing bowl. Lift your beater or whisk straight up: the egg whites should form a sharp peak that holds its shape; set aside.

Melt the butter in a large saucepan over medium-low heat. Whisk in the flour, salt, and pepper; stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the milk into the flour mixture, and bring to a simmer over medium heat. Cook and stir 5 minutes. Whisk the egg yolks in a bowl until broken, then whisk in the milk mixture a few tablespoons at a time until you have whisked in 1/3 of the milk mixture. Scrape the egg yolk mixture into the saucepan with the remaining milk, and whisk until smooth. Cook 2 more minutes, stirring constantly.

Remove the milk sauce from the heat, and stir in the rice, tuna, onion, and lemon juice. Gently fold in the egg whites until evenly blended, then pour into a 1 1/2 quart casserole dish.

Bake in the preheated oven until the casserole has puffed slightly, is golden brown, and has set in the center, about 40 minutes.

Spicy Tuna Fish Cakes

Ingredients

1 large potato, peeled and cubed
2 (6 ounce) cans tuna, drained
1 egg
1/4 cup chopped onion
1 tablespoon Dijon mustard
1 tablespoon dry breadcrumbs, or as needed
1 1/2 teaspoons garlic powder
1 teaspoon Italian seasoning
1/4 teaspoon cayenne pepper
salt and pepper to taste
1 tablespoon olive oil

Directions

Place the potato into a small pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two, then mash the potato with a potato masher or fork in a large bowl.

Mix the tuna, egg, onion, Dijon mustard, bread crumbs, garlic powder, Italian seasoning, cayenne pepper, and salt and pepper into the mashed potato until well-blended. Divide the tuna mixture into 8 equal portions and shape into patties.

Heat the olive oil in a skillet over medium heat. Pan fry the tuna patties until browned and crisp, about 3 minutes on each side.

Teriyaki Tuna

Ingredients

1/2 cup teriyaki sauce
1 1/2 pounds sashimi grade tuna steaks
2 tablespoons extra virgin olive oil
1 lemon
1 tablespoon sesame seeds
2 teaspoons sea salt
ground black pepper to taste
1 carrot, grated

Directions

Pour the teriyaki sauce into a shallow dish or bowl, and place tuna steaks in the sauce to marinate. Cover, and allow to marinate for about 45 minutes at room temperature. The steaks will cook more evenly if they are not cold.

Heat olive oil in a large skillet over medium heat. Place tuna steaks in the hot oil, and pour in the teriyaki sauce. Squeeze juice from the lemon over the steaks, and sprinkle with sesame seeds. When the bottom is light brown, flip the steaks, and cook until browned on the other side. The center will still be slightly red. Season with sea salt and pepper.

Place the tuna steaks onto serving plates, and garnish with grated carrots. Serve the pan drippings as a dipping sauce.

Tuna Lime Tostadas

Ingredients

3 (6 ounce) cans solid white tuna
packed in water, drained
1/2 (10 ounce) can sweet corn,
drained
1/2 onion, finely chopped
1 bunch cilantro, finely chopped
2 tablespoons salsa
1 lime, juiced
hot sauce to taste
salt and pepper to taste
sour cream, for topping
8 tostada shells

Directions

With a fork, flake tuna into a bowl. Stir in corn, onion, cilantro, salsa, and lime juice. Season with a few dashes of hot sauce, and salt and pepper to taste. Stir to combine, then spoon onto tostada shells. Top each tostada with a dollop of sour cream and a bit more hot sauce.

Overnight Tuna Casserole

Ingredients

1 (10.75 ounce) can condensed cream of celery soup, undiluted
1 cup milk
1 (6 ounce) can tuna, drained
1 cup uncooked elbow macaroni
1 cup frozen peas
1/2 cup chopped green onions
1 cup shredded Cheddar cheese, divided

Directions

In a bowl, combine soup and milk until smooth. Add the tuna, macaroni, peas, onions and 3/4 cup cheese; mix well. Pour into a greased 2-qt. microwave-safe dish. Cover and refrigerate overnight. Microwave, covered, on high for 15-17 minutes or until bubbly. Uncover; sprinkle with remaining cheese and let stand for 5 minutes or until melted.

Broccoli Tuna Roll-ups

Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 cup milk
1 (12 ounce) can tuna, drained and flaked
2 1/2 cups broccoli florets, cooked
1 cup shredded Cheddar cheese, divided
1 (2.8 ounce) can French-fried onions, divided
6 (6 inch) flour tortillas
1/2 cup chopped tomatoes

Directions

In a small bowl, combine soup and milk; set aside. In a medium bowl, combine tuna, broccoli, 1/2 cup cheddar cheese half of the onions and 3/4 cup of the soup mixture; mix well. Divide mixture among tortillas and roll up.

Place, seam side down, in a greased 12-in. x 8-in. x 2-in. baking dish. Pour remaining soup mixture over tortillas. Sprinkle with tomatoes if desired. Cover and bake at 350 degrees F for 35 minutes. Uncover; sprinkle with remaining cheese and onions. Return to the oven for 5 minutes.

Best Tuna Casserole

Ingredients

1 (12 ounce) package egg noodles
1/4 cup chopped onion
2 cups shredded Cheddar cheese
1 cup frozen green peas
2 (6 ounce) cans tuna, drained
2 (10.75 ounce) cans condensed
cream of mushroom soup
1/2 (4.5 ounce) can sliced
mushrooms
1 cup crushed potato chips

Directions

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.

Preheat oven to 425 degrees F (220 degrees C).

In a large bowl, thoroughly mix noodles, onion, 1 cup cheese, peas, tuna, soup and mushrooms. Transfer to a 9x13 inch baking dish, and top with potato chip crumbs and remaining 1 cup cheese.

Bake for 15 to 20 minutes in the preheated oven, or until cheese is bubbly.

Carrie's Garlic Pesto Tuna Salad Sandwiches

Ingredients

2 (6 ounce) cans tuna in water, drained
2 tablespoons mayonnaise
1 tablespoon prepared mustard
2 tablespoons basil pesto
2 cloves garlic, minced
8 slices rye bread
8 leaves lettuce
1 large ripe tomato, sliced

Directions

In a medium bowl, mix together tuna, mayonnaise, mustard, pesto, and garlic.

Make four sandwiches by layering tuna, lettuce, and tomato slices between slices of bread. Serve.

Zippy Tuna Salad

Ingredients

1 (8 ounce) can crushed pineapple
1 (12 ounce) can tuna, drained
and flaked
2 hard-cooked eggs, chopped
1/2 cup chopped celery
1/4 cup chopped onion
6 tablespoons mayonnaise
1/2 teaspoon Dijon mustard
1/4 teaspoon Creole seasoning
1/8 teaspoon minced garlic
1 dash celery salt
dash cayenne pepper
1/4 cup chopped pecans

Directions

Drain pineapple, reserving 2 tablespoons juice. Combine pineapple, tuna, eggs, celery and onion. In a small bowl, combine reserved pineapple juice, mayonnaise, mustard and seasonings. Add to tuna mixture; mix well. Chill. Add pecans just before serving.

Tuna Patty Sandwiches

Ingredients

1 egg
1/2 teaspoon prepared mustard
1/4 cup dry bread crumbs
1 (6 ounce) can tuna, drained and flaked
1 tablespoon vegetable oil
2 sandwich rolls, split

Directions

In a bowl, combine the egg, mustard, crumbs and tuna; mix well. Shape into four patties (mixture will be soft). In a skillet over medium heat, fry patties in oil on both sides until lightly browned. Place two patties on each roll.

Tuna Dip I

Ingredients

1 (6 ounce) can tuna, drained
1 teaspoon mayonnaise
1 teaspoon prepared mustard
2/3 cup yogurt
1 teaspoon fresh lemon juice
2 teaspoons sweet pickles,
chopped

Directions

In a medium bowl, mix together tuna, mayonnaise, mustard, yogurt and lemon juice. Blend until smooth. Stir in the sweet pickles. Keep chilled until serving.

Asian Spicy Tuna Salad

Ingredients

1 (6 ounce) can solid white tuna
packed in water, drained
1 teaspoon grated fresh ginger
root
1/2 teaspoon diced green chile
pepper
3 tablespoons finely chopped
onion
1/4 teaspoon curry powder
(optional)
1/4 cup mayonnaise
1/2 teaspoon fresh lemon juice

Directions

With a fork, flake tuna into a small bowl. Mix in ginger, pepper, chopped onion, curry powder, mayonnaise, and lemon juice.

Tuna Italiano

Ingredients

3 tablespoons olive oil
1 clove garlic, sliced
1 white onion, diced
1 cup water
2 (6 ounce) cans tuna in olive oil
1 (6 ounce) can pitted black olives, drained and chopped
1 (15 ounce) can garbanzo beans, drained and rinsed
1/2 teaspoon garlic salt
1/2 teaspoon ground black pepper
1 pound penne pasta
1/4 cup grated Romano cheese

Directions

In a large saucepan, heat olive oil over medium heat. Sauté garlic in oil until golden. Stir in onion and water and cook until onion is soft. Stir in the tuna with its oil, olives, beans, garlic salt and pepper. Cover, reduce heat to medium-low, and simmer while pasta is cooking.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss pasta with tuna mixture, top with Romano and serve.

Cucumber Tuna Boats

Ingredients

3 medium cucumbers
1 (6 ounce) can tuna, drained and flaked
2 hard-cooked eggs, chopped
1/2 cup shredded Cheddar cheese
1/2 cup diced celery
1/4 cup mayonnaise or salad dressing
2 tablespoons sweet pickle relish
1 tablespoon finely chopped onion
1 teaspoon lemon juice
1/2 teaspoon salt

Directions

Cut cucumbers in half lengthwise; remove and discard seeds. Cut a thin slice from bottom of cucumber if necessary so they sit flat. In a bowl, combine the remaining ingredients. Spoon into the cucumbers. Serve immediately.

Tuna Scalloped Potatoes

Ingredients

6 cups baking potatoes, peeled and sliced
1/4 cup yellow mustard
1/2 cup all-purpose flour
3 1/2 cups milk
1 teaspoon salt
1/2 cup condensed cream of mushroom soup
2 (6 ounce) cans tuna, drained
1 1/2 cups thinly sliced onions

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 10 minutes; Drain. Preheat oven to 300 degrees F (150 degrees C).

In a saucepan, combine yellow mustard, flour, milk, salt and 1/2 cup of soup. Mix thoroughly and heat until thickened.

Starting with the potatoes, arrange the potatoes, tuna and onions, in alternating layers in a 9x13 inch baking dish. Pour the mustard sauce all over the top.

Bake in a preheated oven for 1 hour or until hot and bubbly.

Tuna Casserole I

Ingredients

2 cups crushed potato chips,
divided
2 (6 ounce) cans tuna, drained
1 (15 ounce) can sweet peas,
drained
1 (10.75 ounce) can condensed
cream of mushroom soup
6 slices American cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 1 1/2 quart casserole dish.

Spread 1 cup crushed potato chips evenly on bottom of casserole dish. Next, layer 1 can of tuna, half of the peas, and half of the soup. Place slices of cheese on top of this. Repeat layering with tuna, peas and soup. Finish with a layer of chips, and top with slices of cheese.

Bake in preheated oven for 20 to 25 minutes, or until bubbly and golden brown.

Grilled Teriyaki Tuna

Ingredients

1 cup teriyaki sauce
3/4 cup olive oil
2 tablespoons minced garlic
1 teaspoon ground black pepper
4 (4 ounce) fillets yellowfin tuna

Directions

In a large resealable plastic bag, combine the teriyaki sauce, oil, garlic, and pepper. Place the tuna fillets in the bag. Seal the bag with as little air in it as possible. Give the mix a good shake, to ensure the tuna fillets are well coated. Marinate for 30 minutes in the refrigerator.

Meanwhile, preheat an outdoor grill for high heat, and lightly oil grate.

Remove tuna from marinade, and place on grill. For rare tuna, grill for 3 to 5 minutes on each side. For medium, grill 5 to 8 minutes per side. For well done, grill for 8 to 10 minutes per side.

Campbell's® Tuna Noodle Casserole

Ingredients

2 (10.75 ounce) cans Campbell's®
Condensed Cream of Mushroom
Soup (regular or 25% Lower
Sodium)
1 cup milk
2 cups frozen peas
2 (10 ounce) cans tuna, drained
4 cups hot cooked medium egg
noodles
2 tablespoons dry bread crumbs
1 tablespoon butter, melted

Directions

Stir soup, milk, peas, tuna and noodles in 3-quart casserole.

Bake at 400 degrees F for 30 minutes or until hot. Stir.

Mix bread crumbs with butter in bowl and sprinkle over tuna mixture. Bake for 5 minutes more.

Tarragon Tuna Steaks

Ingredients

3 tablespoons olive oil
2 cloves garlic, peeled and minced
2 tablespoons tarragon vinegar
1/2 teaspoon dried tarragon
freshly ground black pepper to taste
1 1/2 pounds fresh tuna steaks

Directions

In a medium bowl, whisk together olive oil, garlic, tarragon vinegar, dried tarragon and pepper. Place tuna steaks into the mixture. Cover and marinate in the refrigerator at least 4 hours.

Preheat an outdoor grill for high heat and lightly oil grate.

Grill tuna steaks 8 to 10 minutes per side, until the tuna flakes easily and is opaque in the center.

Tangy Tuna Dip

Ingredients

2 (8 ounce) packages cream cheese, softened
2 lemons, juiced
1 lime, juiced
1/2 green onion, chopped
dried dill weed to taste
salt and pepper to taste
1 (12.5 ounce) can water-packed tuna, drained and flaked
1 teaspoon olive oil

Directions

In a medium bowl, mix cream cheese, lemon juice, lime juice, green onion, dill weed, salt and pepper. Blend until smooth. Mix in the tuna and olive oil. Cover and chill in the refrigerator approximately 25 minutes.

Grilled Tuna

Ingredients

4 (6 ounce) albacore tuna steaks,
1 inch thick
3 tablespoons extra virgin olive oil
salt and ground black pepper to
taste
1 lime, juiced
1/2 cup hickory wood chips,
soaked

Directions

Place tuna steaks and olive oil in a large resealable plastic bag. Seal, and refrigerate for 1 hour.

Preheat the grill for medium heat. When coals are very hot, scatter a handful of hickory or mesquite wood chips over them for flavor.

Lightly oil grill grate. Season tuna with salt and pepper, and cook on the preheated grill approximately 6 minutes, turning once. Transfer to a serving platter, and drizzle with freshly squeezed lime juice. Serve immediately.

Tuna Piccata Pasta Salad

Ingredients

6 ounces angel hair pasta
1 1/2 tablespoons fresh lemon juice
3/4 teaspoon Dijon mustard
1 tablespoon mayonnaise
salt and pepper to taste
6 tablespoons olive oil
1 (9 ounce) can solid white tuna packed in water, drained
2 teaspoons capers, drained

Directions

Bring a pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

In a large bowl, whisk together lemon juice, mustard, and mayonnaise. Season with salt and pepper to taste. Slowly whisk in olive oil. Add tuna, separating into thick chunks. Add capers, and stir to combine. Pour pasta into tuna mixture, and stir gently to combine. Cover, and refrigerate.

Amelia's Tuna Macaroni Salad

Ingredients

1 (12 ounce) package elbow macaroni
1 (6 ounce) can tuna, drained
2 stalks celery, chopped
2 tablespoons chopped sweet onion
1 (10 ounce) can baby peas, drained
1 cup mayonnaise
2 tablespoons sweet pickle relish
salt and pepper to taste
3 hard-cooked eggs, quartered
1 pinch paprika, for garnish

Directions

Bring a large pot of lightly salted water to a boil. Add the macaroni, and cook until tender, about 8 minutes. Drain and rinse under cold running water.

In a large bowl, stir together the macaroni, tuna, celery, onion and peas. Mix in the mayonnaise, relish, salt and pepper. Garnish with egg wedges and a sprinkle of paprika. Cover and chill for at least 1 hour before serving.

Zing-a-Ding-Ding Spaghetti with Albacore Tuna

Ingredients

1/3 cup olive oil, divided
1/3 cup finely chopped red onion
3 cloves garlic, minced
1 (14 ounce) can stewed tomatoes
1 teaspoon dried oregano
1 pinch dried thyme
2 (6 ounce) cans albacore tuna in water, drained and flaked
1/3 cup white wine
1/2 lemon, juiced
1 (16 ounce) package angel hair pasta
1/3 cup grated Parmesan cheese

Directions

Heat 1 tablespoon oil in a skillet over medium heat. Place onion, garlic, and tomatoes in the skillet, and season with oregano and thyme. Cook and stir 5 minutes, until onion is tender. Mix in tuna, wine, lemon juice, and remaining olive oil. Continue cooking 10 minutes, stirring occasionally.

Bring a large pot of lightly salted water to a boil. Add angel hair pasta. Cook for 3 to 4 minutes, until al dente. Drain, and transfer to a bowl.

Toss the cooked pasta with Parmesan cheese. Top with the skillet mixture to serve.

Tuna Broccoli Roll Up Casserole

Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup
1 cup milk
1 (9 ounce) can tuna, drained and flaked
1 (10 ounce) package frozen chopped broccoli, thawed
1 cup shredded Cheddar cheese, divided
1 (2.8 ounce) can French-fried onions
6 (7 inch) flour tortillas
1 medium tomato, chopped

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, stir together the cream of mushroom soup and milk. Set aside. In another bowl, stir together the tuna, broccoli, 1/2 cup of Cheddar cheese and half of the French fried onions. Stir in 3/4 cup of the soup.

Divide the tuna mixture evenly between the tortillas, and roll up. Place rolls seam side down in a lightly greased 9x13 inch baking dish. Pour the remaining soup over the rolls, and spread evenly using the back of a spoon. It will be a thin layer. Sprinkle the rest of the French fried onions over the soup, then the tomato, and finally the remaining Cheddar cheese. Cover with nonstick or lightly greased aluminum foil.

Bake for 30 minutes in the preheated oven. Remove the aluminum foil, and bake for 5 more minutes to allow the cheese to melt and brown slightly.

Warm Tuna Buns

Ingredients

3 eggs
1/2 cup mayonnaise
1 (6 ounce) can tuna, drained
2 tablespoons sweet pickle relish
2 tablespoons minced onion
3 tablespoons chopped pimiento-stuffed olives
1/4 cup shredded American cheese
6 hamburger buns

Directions

Place the eggs into a saucepan in a single layer, and fill with water to cover the eggs by 1 inch. Cover, and bring the water to a boil over high heat. Remove pan from heat, and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink. Peel and chop once cold.

Preheat an oven to 350 degrees F (175 degrees C).

Stir the chopped eggs together with the mayonnaise, tuna, relish, onion, olives, and cheese in a mixing bowl. Divide the tuna mixture onto the bun bottoms, then replace the bun tops. Wrap each sandwich individually in aluminum foil, and place onto a baking sheet.

Bake in the preheated oven until the cheese has melted and the tuna salad has heated through, 10 to 15 minutes.

No Mayo Tuna Salad

Ingredients

6 eggs
1 1/2 cups bread and butter
pickles
3 stalks celery, chopped
2 (6 ounce) cans tuna, drained
1/2 teaspoon salt
1/2 teaspoon ground black
pepper
1 tablespoon sweet pickle juice

Directions

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool under cold running water. Peel.

Place the eggs and pickles into a food processor, and pulse until roughly chopped. Transfer to a medium bowl, and stir in tuna and celery. Season with salt and pepper, and stir in the pickle juice until thoroughly blended. Serve on bread or lettuce.

Tuna Noodle Casserole IV

Ingredients

2 cups elbow macaroni
1 (9 ounce) can tuna, drained
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (10.75 ounce) can milk
1 cup shredded sharp Cheddar
cheese
1 cup crushed croutons

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil. Cook macaroni in boiling water for 8 to 10 minutes, or until al dente; drain.

In a medium bowl, combine tuna, condensed soup, and milk. Mix with the macaroni, and pour into 2 quart casserole dish. Sprinkle Cheddar cheese and crushed croutons over top.

Bake in a preheated oven for 20 to 30 minutes, or until bubbling and browned on the top.

Tuna Pockets

Ingredients

2 (6 ounce) cans chunk light tuna, drained and flaked
1 tablespoon finely chopped onion (optional)
1 tablespoon finely chopped celery (optional)
2 tablespoons shredded Cheddar cheese
1 teaspoon dried dill weed
2 tablespoons mayonnaise
2 (8 count) cans refrigerated biscuit dough

Directions

Preheat oven to 350 degrees F (175 degrees C).

Lightly stir together the tuna, onion, celery, shredded Cheddar cheese, dill, and mayonnaise until well combined.

Flatten the biscuit dough to about 1/4-inch thick, and place the 8 flattened biscuits on an ungreased baking sheet. Place about 3 tablespoons of the tuna mixture on top of each biscuit, and top each with another flattened biscuit. Pinch the edges to seal in the filling.

Bake in the preheated oven until the filling is hot and the pockets are lightly browned, about 15 minutes. Refrigerate leftovers.

Quick Tuna Casserole

Ingredients

1 (7.25 ounce) package macaroni and cheese mix
1 (10.75 ounce) can condensed cream of mushroom soup
1 (9 ounce) can tuna, drained
1 (10 ounce) can peas, drained

Directions

Prepare macaroni and cheese mix according to package directions. Stir in the cream of mushroom soup, tuna and peas. Mix well, and heat until bubbly.

Surprise Tuna Salad

Ingredients

2 (6 ounce) cans tuna, drained and flaked
1 medium apple, peeled and chopped
1/2 cup golden raisins
1/2 cup mayonnaise or salad dressing
1/3 cup chopped pecans
1 tablespoon sweet pickle relish
12 slices bread, toasted
6 slices Monterey Jack cheese

Directions

In a bowl, combine the first six ingredients; spread over six slices bread. Top each with a cheese slice and remaining bread.

Darra's Famous Tuna Waldorf Salad Sandwich

Ingredients

1/2 cup mayonnaise
1 tablespoon prepared Dijon-style mustard
1/4 teaspoon curry powder
salt and pepper to taste
1 (6 ounce) can oil-packed tuna
1 shallot, finely chopped
1 Granny Smith apple, cored and diced
1/4 cup chopped walnuts
1/2 cup diced celery
1 teaspoon sweet pickle relish
4 large croissants
4 leaves lettuce
4 slices Swiss cheese

Directions

In a medium bowl, whisk together the mayonnaise, mustard, curry powder, salt and pepper. Add tuna, shallot, apple, walnuts, celery and pickle relish and toss until all ingredients are coated with dressing.

Lightly toast the croissants. Split in half, place a lettuce leaf on the bottom half of the croissant and fill with tuna salad. Top with a slice of Swiss cheese and the top half of the croissant. Serve with a dill pickle and potato chips. Bon appetit!

Creole Tuna

Ingredients

1/4 cup chopped green pepper
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1/2 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon pepper
1/3 cup milk
1 (14.5 ounce) can stewed tomatoes
1 (6 ounce) can tuna, drained and flaked
1 teaspoon Creole seasoning

Directions

In a saucepan, saute green pepper in butter until tender.

Stir in flour, sugar, salt and pepper until blended. Gradually add milk, stirring constantly. Stir in tomatoes. Bring to a boil; cook and stir for 2 minutes.

Add tuna and Creole seasoning; heat through.

Cheesy Tuna Noodle Casserole

Ingredients

1 (12 ounce) package egg noodles
2 tablespoons vegetable oil
1/4 cup chopped onion
1/4 cup chopped green bell pepper
1/4 cup red bell pepper, chopped
1 (11 ounce) can condensed cream of Cheddar cheese soup
1 (6 ounce) can tuna, drained
1/4 cup milk
1/4 teaspoon salt
ground black pepper to taste
1/4 cup Italian seasoned bread crumbs

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of salted water to boil; place noodles in water and bring to boil again. Cook until al dente; drain well.

While noodles are cooking saute in a medium size saucepan vegetable oil, onion, green and red bell peppers. Saute until tender.

Pour soup, tuna, milk, salt and black pepper into the saucepan. Mix well over medium-low heat.

Fold the noodles into the saucepan.

Pour entire mixture into a 2 quart casserole. Sprinkle bread crumbs over the mixture. Bake 20 to 30 minutes or until the top is crisp and golden brown.

Tuna Cheesies

Ingredients

2 (6 ounce) cans tuna packed in water, drained
3 tablespoons mayonnaise, or to taste
1 teaspoon celery salt
1 teaspoon onion powder
1 teaspoon garlic powder
1/3 cup chopped celery
1/3 cup chopped onion
1/4 cup chopped yellow bell pepper
2 tablespoons butter
3 English muffins, split
6 slices American cheese
6 slices fresh tomato

Directions

Preheat oven to 200 degrees F (95 degrees C).

Flake the tuna into a medium bowl. Mix in the mayonnaise, celery salt, onion powder, and garlic powder. Stir in celery, onion, and yellow bell pepper.

Butter English muffin halves, place them on a baking sheet, and bake 3 minutes in the preheated oven, until lightly browned. Remove from oven. Spoon tuna mixture onto each muffin half, and top each with a slice of cheese. Return to the oven, and continue baking until the cheese has melted, about 8 minutes. Remove, and top each with a tomato slice to serve.

Tuna Noodle Casserole III

Ingredients

1 (8 ounce) package wide egg noodles
1/4 cup butter, cubed
4 slices American cheese
1 (6 ounce) can tuna, drained
1 (10.75 ounce) can condensed cream of mushroom soup
1/4 cup bread crumbs

Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a 1 1/2 quart glass casserole dish, layer noodles, butter cubes, 2 slices of cheese, 1/2 of the tuna, and 1/2 of the soup. Repeat the layering with the remaining ingredients. Top the casserole with bread crumbs.

Bake at 350 degrees F (175 degrees C) for 10 to 15 minutes.

Tuna Casserole III

Ingredients

2 (10.75 ounce) cans condensed
cream of mushroom soup
2 (6 ounce) cans tuna, drained and
flaked
7 ounces crushed potato chips

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch glass pie dish.

In a mixing bowl, combine soup, tuna and 1/4 of the potato chips. Mix thoroughly. Pour into the prepared pie dish. Cover the top with remaining potato chips.

Bake in the preheated oven for 10 to 15 minutes or until potato chips on top start to brown.

Tuna Garden Casserole

Ingredients

8 ounces penne pasta
1 tablespoon olive oil
1 large onion, chopped
2 stalks celery, chopped
1 red bell pepper, chopped
2 cloves garlic, crushed
salt, to taste
ground black pepper, to taste
1/4 cup sherry
1/2 pound kale, stems removed
and leaves coarsely chopped
1 (14.1 ounce) can potato leek
soup
1 cup vegetable broth
1 (6 ounce) can tuna packed in
water, drained
1 cup shredded mozzarella
cheese
1/3 cup herb seasoned bread
crumbs

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 2 quart casserole dish.

Bring a large pot of salted water to a boil, add penne pasta, and cook 10 minutes or until al dente; drain.

Heat the oil in a large wok or skillet over medium-high heat. Mix in onion and cook 5 minutes. Stir in the celery and bell pepper and continue cooking for another five minutes. Mix in the garlic, salt and pepper and continue cooking 3 minutes. Pour in sherry; stir in the kale and cover. Reduce heat to medium and cook for 5 minutes, stirring occasionally, until the kale has wilted.

Transfer wok mixture to a large bowl. Mix in the cooked pasta, soup, vegetable broth, and tuna. Pour mixture into the prepared casserole dish. Top with a layer of mozzarella followed by a layer of bread crumbs. Bake uncovered in the preheated oven for 25 minutes.

Hot Curried Tuna Sandwiches

Ingredients

1 (6 ounce) can albacore tuna, drained
1/4 cup finely chopped celery
1/4 cup chopped green onion
2 tablespoons mayonnaise
1 tablespoon lemon juice
1/2 teaspoon curry powder, or to taste
2 English muffins, split, toasted and buttered
4 thin slices Cheddar cheese

Directions

Preheat the oven's broiler.

In a medium bowl, stir together the tuna, celery, green onion, mayonnaise, lemon juice and curry powder. Spoon equal amounts onto each English muffin half, and top with a slice of cheese. Place the sandwiches on a baking sheet.

Broil for 2 to 3 minutes, or until cheese is melted and toasty. Serve hot.

Apple Tuna Sandwiches

Ingredients

1 (6 ounce) can tuna in water,
drained
1/2 cup chopped red apple
1/3 cup fat-free mayonnaise
1/4 cup finely chopped celery
1/4 cup finely chopped walnuts
2 tablespoons finely chopped
onion
1 tablespoon sweet pickle relish
1 teaspoon sugar
1/4 teaspoon salt
6 slices reduced-calorie bread,
toasted
6 leaves lettuce

Directions

In a bowl, combine the first nine ingredients.

Spread 1/2 cup on three slices of bread. Top with lettuce and remaining bread.

Wholewheat Tuna Treat

Ingredients

1 3/4 cups dry bulgur wheat
1 avocado - peeled, pitted and diced
salt and pepper to taste
1/2 pound bacon
2 tablespoons lemon juice
2 (6 ounce) cans tuna, drained

Directions

Place the bulgur wheat into a saucepan with at least 3 times it's depth in water. Bring to a boil over medium-high heat, then reduce heat and simmer until tender, about 15 minutes. Add water if necessary to prevent burning. When the wheat is tender, stir in a pinch of salt and simmer for 5 more minutes. When done, drain and set aside to cool.

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble and set aside. Place the diced avocado into a small bowl. Season with salt and pepper, then toss with lemon juice to thoroughly coat.

In a large bowl, combine the tuna and cooled bulgur wheat. Add the bacon and the avocado with its juice, and toss gently. Serve as a meal or as a salad.

Tuna-Filled Shells

Ingredients

12 jumbo pasta shells
5 teaspoons all-purpose flour
2 cups 2% milk
1 teaspoon dill weed
1/2 teaspoon salt
1 celery rib, diced
1 small onion, diced
1 tablespoon canola oil
2 slices white bread, crumbled
1 (12 ounce) can light water-packed tuna, drained and flaked
1/2 cup reduced-fat ranch salad dressing
1/2 cup shredded part-skim mozzarella cheese

Directions

Cook pasta shells according to package directions. Meanwhile in a saucepan, combine the flour, milk, dill and salt until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour 1-1/4 cups sauce into a 2-qt. baking dish; set aside.

In a nonstick skillet, saute celery and onion in oil until tender. Add bread. Stir in the tuna, salad dressing and cheese; mix well. Drain shells; stuff with tuna mixture. Place over sauce. Drizzle with remaining sauce. Cover and bake at 350 degrees F for 25-30 minutes or until bubbly and heated through.

Cold Tuna Macaroni Salad

Ingredients

1 (12 ounce) package macaroni
3 tomatoes - peeled, seeded and diced
3 stalks celery, chopped
1 (12 ounce) can tuna
1 1/2 cups light mayonnaise
1 tablespoon Italian-style salad dressing
1 tablespoon white sugar
1 pinch ground black pepper

Directions

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

In a large bowl, combine the pasta, tomatoes, celery and tuna.

Prepare the dressing by whisking together the mayonnaise, salad dressing, sugar and pepper. Add to pasta salad, mix together, and refrigerate for 1 hour.

Tuna Noodle Casserole II

Ingredients

1 (12 ounce) package egg noodles
1 (10.75 ounce) can condensed
cream of mushroom soup
1/2 cup evaporated milk
1 (6 ounce) can tuna, drained
3 cups shredded American
cheese
1/3 cup chopped onion
1/2 cup crushed potato chips
1 pinch paprika

Directions

In a large pot with boiling salted water cook egg noodles until al dente. Drain.

In a large bowl combine the cooked egg noodles, cream of mushroom soup, evaporated milk, tuna, grated American cheese, and chopped onion. Pour into a greased 1.5 quart casserole dish. Sprinkle the top with the crumbled potato chips and the paprika.

Bake in a preheated 425 degree F (220 degree C) oven for 15 to 20 minutes.

Tuna Salsa Wraps

Ingredients

1 (7 ounce) pouch StarKist Flavor Fresh Pouch® Tuna (Chunk Light or Albacore)
1/4 cup light mayonnaise
1 teaspoon yellow mustard
1/2 cup salsa
1/4 cup shredded carrots
6 Mission® Low Carb Soft Taco Size Flour Tortillas
1 1/2 cups shredded lettuce
3/4 cup mild shredded Cheddar cheese

Directions

Warm each tortilla according to the package instructions. In a small bowl, combine the first five recipe ingredients in the order given, mixing well to create a 'tuna salsa' mix.

Lay each one of the warmed tortillas on a cutting board. On the center of each tortilla, place an equal portion of the shredded lettuce, tuna mixture and top each with a pinch of shredded Cheddar cheese. Fold the long end of the tortilla over ingredients and roll tightly.

Mr. Head's Spicy Tuna Melt

Ingredients

2 teaspoons vegetable oil
1/2 cup chopped onion
1/2 cup chopped celery
1 pinch kosher salt
2 (6 ounce) cans tuna, packed in olive oil, drained
1 tablespoon spicy brown mustard
1 tablespoon mayonnaise
2 pinches cayenne pepper
1 teaspoon Cajun style blackened seasoning (Old Bay® recommended)
1 pinch dried parsley
1 teaspoon hot pepper sauce (e.g. Tabasco, „ř”)
2 slices pepperjack cheese
4 slices Italian bread

Directions

Heat the vegetable oil in a skillet over medium heat. Add the onions and celery and season with a little kosher salt. Cook and stir until tender, about 5 minutes.

In a medium bowl, stir together the tuna, mustard, mayonnaise and the sauteed onion and celery. Season with cayenne, blackened seasoning, parsley, and hot pepper sauce. Spoon onto half of the bread slices. Top each one with a slice of pepperjack cheese and then the remaining slices of bread.

Spread butter onto the outsides of the sandwich. Fry in a skillet over medium heat until golden brown on the outside and cheese has melted, about 5 minutes total.

Cheesy Tuna Mornay

Ingredients

1/2 cup uncooked rotini pasta
1 tablespoon butter or margarine
2 tablespoons all-purpose flour
1 1/2 cups milk
2 cups shredded Cheddar cheese
1 cup frozen green peas
1 cup frozen corn kernels
2 (7 ounce) cans tuna, drained
salt
1/2 cup bread crumbs

Directions

Preheat the oven to 350 degrees F (175 degrees C). Bring a pot of lightly salted water to a boil. Add the pasta and cook until tender, about 8 minutes. Drain.

Meanwhile, melt the butter in a small saucepan over medium heat. Stir in the flour until smooth. Gradually mix in milk so that no lumps form. Stir constantly until the mixture boils, then mix in half of the cheese. Add the peas, corn and macaroni. Drain the tuna, leaving a small amount of liquid to keep it moist. Flake with a fork and stir into the cheese mixture. Transfer to a casserole dish and top with the remaining cheese. Sprinkle breadcrumbs over the cheese.

Bake for 20 minutes in the preheated oven, until sauce is bubbly and cheese is browned.

Tuna Caliente

Ingredients

1 (8 ounce) package uncooked pasta shells
3 (6 ounce) cans water packed tuna, drained and flaked
4 tablespoons chopped jalapeno peppers
1/4 cup diced red onion
1/3 cup diced celery
3/4 cup light mayonnaise
2 tablespoons light sour cream
1 tablespoon lemon zest
2 teaspoons country Dijon-style mustard
2 teaspoons fresh lemon juice
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta shells and cook for 8 to 10 minutes or until al dente. Rinse under cold water until cool.

In a large bowl, gently mix the cooled pasta, tuna, jalapeno peppers, onion, and celery. In a separate bowl, mix the mayonnaise, sour cream, lemon zest, mustard, and lemon juice. Stir the dressing mixture into the pasta salad to evenly coat. Season with salt and pepper, and chill until ready to serve.

Cinnamon-Curry Tuna Salad

Ingredients

2 (6 ounce) cans water packed tuna, drained and flaked
2 teaspoons mayonnaise
1 teaspoon Dijon mustard
1 tablespoon sweet pickle relish
2 teaspoons lemon juice
1 1/2 teaspoons ground cinnamon
1 teaspoon curry powder
1 teaspoon ground black pepper
salt to taste

Directions

In a bowl, mix the tuna, mayonnaise, mustard, relish, lemon juice, cinnamon, curry powder, pepper, and salt. Cover, and refrigerate until ready to serve.

Tuna Tostadas I

Ingredients

1 (16 ounce) can nonfat refried beans
1/3 cup low-fat milk
2 (6 ounce) cans tuna in water, drained
1 tomato, diced
1 fresh jalapeno pepper, seeded and chopped
1 fresh lime
1/2 cup shredded lettuce
4 tostada shells
1 cup salsa
1 avocado - peeled, pitted and sliced

Directions

Place beans in pot over medium heat. Gradually add milk, stirring constantly, until beans are warmed through. Mix tuna fish, tomatoes, jalapenos, and lime juice together in a bowl.

To assemble, spread beans over tostada shells. Top with tuna mixture, lettuce, and avocado, and enjoy!

Tuna Alfredo

Ingredients

1 (4.5 ounce) package quick-cooking Alfredo noodles and sauce mix*

1 (6 ounce) can tuna, drained and flaked

1 tablespoon chopped green onion

Directions

Prepare noodles and sauce mix according to package directions. Stir in tuna and onion. Serve immediately.

Tuna Delicious

Ingredients

1 (8 ounce) package egg noodles
1 tablespoon vegetable oil
1 onion, chopped
1 (6 ounce) can tuna, drained
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (8 ounce) container sour cream

Directions

Bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes or until al dente; drain.

In a large skillet over medium heat, fry onion in oil until browned. Mix in tuna and mushroom soup. Stir in sour cream and heat through. Mix together the cooked egg noodles and sauce and serve.

Mayo-Free Tuna Sandwich Filling

Ingredients

1 (6 ounce) can albacore tuna in water, drained and flaked
1 tablespoon red onion, diced
1 teaspoon fresh oregano, minced
1 teaspoon fresh rosemary, minced
1 tablespoon diced green chile pepper
black pepper to taste
2 tablespoons red pepper hummus

Directions

Mix tuna, hummus, onion, oregano, rosemary, green chile pepper, and pepper in a bowl.

Sesame Seared Tuna

Ingredients

1/4 cup soy sauce
1 tablespoon mirin (Japanese sweet wine)
1 tablespoon honey
2 tablespoons sesame oil
1 tablespoon rice wine vinegar
4 (6 ounce) tuna steaks
1/2 cup sesame seeds
wasabi paste
1 tablespoon olive oil

Directions

In a small bowl, stir together the soy sauce, mirin, honey and sesame oil. Divide into two equal parts. Stir the rice vinegar into one part and set aside as a dipping sauce.

Spread the sesame seeds out on a plate. Coat the tuna steaks with the remaining soy sauce mixture, then press into the sesame seeds to coat.

Heat olive oil in a cast iron skillet over high heat until very hot. Place steaks in the pan, and sear for about 30 seconds on each side. Serve with the dipping sauce and wasabi paste.

Cheesy Tuna Lasagna

Ingredients

1 medium onion, chopped
2 tablespoons butter
1 (12 ounce) can tuna, drained and flaked
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1/2 cup milk
1/2 teaspoon garlic salt
1/2 teaspoon dried oregano
1/4 teaspoon pepper
9 lasagna noodles, cooked and drained
1 1/2 cups small curd cottage cheese
8 ounces sliced mozzarella cheese
1/4 cup grated Parmesan cheese

Directions

In a large saucepan, saute onion in butter until tender. Stir in the tuna, soup, milk, garlic salt, oregano and pepper until combined. Spread 3/4 cupful into a greased 11-in. x 7-in. x 2-in. baking dish.

Layer with three noodles (trimming if necessary), 3/4 cup tuna mixture, half of the cottage cheese and a third of the mozzarella cheese. Repeat layers. Top with remaining noodles, tuna mixture and mozzarella. Sprinkle with Parmesan cheese.

Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly. Let stand for 10-15 minutes before serving.

Blackened Tuna Steaks with Mango Salsa

Ingredients

2 tablespoons olive oil
2 tablespoons lime juice
2 cloves garlic, minced
4 tuna steaks

1 fresh mango - peeled, pitted, and chopped
1/4 cup finely chopped red bell pepper
1/2 Spanish onion, finely chopped
1 green onion, chopped
2 tablespoons chopped fresh cilantro
1 jalapeno pepper, seeded and minced
2 tablespoons lime juice
1 1/2 teaspoons olive oil

2 tablespoons paprika
1 tablespoon cayenne pepper
1 tablespoon onion powder
2 teaspoons salt
1 teaspoon ground black pepper
1 teaspoon dried thyme
1 teaspoon dried basil
1 teaspoon dried oregano
1 tablespoon garlic powder
4 tablespoons olive oil

Directions

Whisk together the olive oil, lime juice, and garlic in a bowl. Rub the tuna steaks with the mixture. Place the steaks in a sealable container and chill in refrigerator 3 hours.

Combine the mango, bell pepper, Spanish onion, green onion, cilantro, and jalapeno pepper in a bowl; stir. Add the lime juice and 1 1/2 teaspoons olive oil and toss to combine. Chill in refrigerator 1 hour.

Stir together the paprika, cayenne pepper, onion powder, salt, pepper, thyme, basil, oregano, and garlic powder in a bowl. Remove the tuna steaks from the refrigerator and gently rinse with water and then dip each side of each steak in the spice mixture to coat.

Heat 2 tablespoons olive oil in a large skillet over medium heat. Gently lay the tuna steaks into the hot oil. Cook the tuna on one side for 3 minutes; remove to a plate. Pour the remaining 2 tablespoons olive oil into the skillet and let it get hot. Lay the tuna with the uncooked side down into the skillet and cook another 3 minutes; remove from heat immediately.

Spoon about 1/2 cup of the mango salsa onto each of 4 plates. Lay the tuna steaks atop the salsa and serve immediately.

Apple-Curry Tuna Melts

Ingredients

1 (6 ounce) can tuna, drained and flaked
1/2 cup diced apples
1/4 cup mayonnaise
1 tablespoon chopped green onion
1 teaspoon Dijon mustard
1/2 teaspoon curry powder
4 slices bread, toasted
1/4 cup chopped walnuts, toasted
4 slices Cheddar cheese

Directions

In a bowl, combine the first six ingredients' mix well. Spread 1/4 cup on each slice of toast sprinkle with walnuts. Top with a slice of cheese. Broil 5 in. from the heat until cheese is melted.

Tuna Cheese Whirl Casserole

Ingredients

2 cups biscuit mix
1 2/3 cups milk
1 (8 ounce) package sliced
pimento cheese
1 tablespoon chopped pimento
1 tablespoon chopped onion
1/4 cup chopped green bell
pepper
2 tablespoons butter
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (6 ounce) can tuna, drained

Directions

Preheat oven to 425 degrees F (220 degrees C). Grease a 1 1/2 or 2 quart casserole dish.

In a small bowl, combine baking mix with 2/3 cup milk and knead until the dough pulls together. Turn the dough onto a floured surface and form into a rectangle 1/4 to 1/2 inches thick. Arrange 1/2 of the pimento cheese and the pimentos on the dough and roll up the dough lengthwise. Cut the roll into 6 equal portions.

In a large saucepan, cook onions and bell pepper in butter until soft.

Pour soup into the saucepan, along with 1 cup milk, tuna, and 1/2 of the pimento cheese. Cook the mixture over a medium heat until the cheese is melted. Pour the mixture into the prepared casserole dish. Arrange the 6 slices of dough, cut-side down, on top of the sauce in the casserole dish. Push the dough into the sauce.

Bake in preheated oven for 25 minutes or until whirls are golden brown.

Evacuation Tuna & Pasta Salad

Ingredients

3 cups rotelle pasta
3 hard-cooked eggs, chopped
1 (12 ounce) can tuna, drained
and flaked
3/4 cup shredded Cheddar
cheese
3/4 cup chopped celery
1/4 cup finely chopped onion
1/2 cup roasted red peppers,
drained and chopped
1 (8 ounce) can lima beans,
drained

3/4 cup mayonnaise
1/2 lemon, juiced
1/2 teaspoon paprika
salt to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and cool.

In a large bowl, combine pasta, eggs, tuna Cheddar cheese, celery, onion, roasted red pepper, and lima beans. Whisk together mayonnaise, lemon juice, and paprika. Season with salt. Pour dressing over pasta mixture, and mix together.

Sesame Tuna with Soy Miso Dressing

Ingredients

3/4 cup sesame seeds, divided
1/2 teaspoon seasoning salt
1 teaspoon ground white pepper
1 teaspoon onion powder
1 tablespoon wasabi powder
1 teaspoon coarse kosher salt
1 cup all-purpose flour
2 eggs
3 fluid ounces milk
2 (4 ounce) tuna steaks (about 3/4 inch thick)
2 tablespoons vegetable oil

1 (1.1ounce) package miso soup mix
1 tablespoon soy sauce

Directions

In a shallow bowl, mix together 1/2 cup of sesame seeds, seasoning salt, white pepper, onion powder, wasabi powder, kosher salt and flour; set aside. In a separate bowl, mix together the eggs and milk.

Dip tuna steaks in the egg mixture, then dredge in the flour mixture until well coated on both sides. Press on as many extra sesame seeds as possible, so it is well coated. Heat the vegetable oil in a large heavy skillet over medium-high heat. Fry tuna steaks for 2 minutes per side, and immediately remove from heat. The inside of the fish should still be red.

To make the soy miso dressing, mix together the miso soup mix and soy sauce. Heat in a small saucepan or microwave, and drizzle over steaks.

Tuna Patties

Ingredients

2 eggs, beaten
1 (10.75 ounce) can condensed
cream of mushroom soup,
undiluted, divided
3/4 cup milk, divided
2 cups stuffing mix
1 (12 ounce) can tuna, drained
and flaked
2 tablespoons butter or margarine

Directions

In a bowl, combine the eggs, a third of the soup and 1/4 cup milk; mix well. Stir in stuffing mix and tuna. Shape into eight patties. In a skillet, brown patties in butter for 3-4 minutes on each side or until heated through. Meanwhile, in a small saucepan, heat remaining soup and milk. Serve with patties.

Mack's Tunaburgers

Ingredients

1 (6 ounce) can water-packed tuna, drained
1/4 cup teriyaki sauce
1/2 cup bread crumbs
1 egg white
1/4 teaspoon black pepper
1/4 teaspoon minced garlic
1/4 teaspoon hot pepper sauce
1 teaspoon vegetable oil

Directions

Combine the tuna, teriyaki sauce, bread crumbs, and egg whites in a bowl until well combined, and no large pieces of tuna remain. Season with black pepper, garlic, and hot sauce. Mix well, then form into two patties.

Heat vegetable oil in a skillet over medium-high heat. Cook the patties until brown on both sides, about 2 minutes per side.

Cindy's Tuna, Spinach, and Bacon Quiche

Ingredients

2 eggs
1/2 cup milk
1/2 cup blue cheese salad dressing
1 teaspoon cornstarch
1/4 cup thawed frozen chopped spinach
1 (12 ounce) can solid white tuna packed in water, drained
3 slices bacon strips, cooked and chopped
6 ounces Swiss cheese, shredded
1 (9 inch) unbaked pie shell

Directions

Preheat oven to 350 degrees F (175 degrees C).

Whisk together eggs, milk, blue cheese dressing, and cornstarch in a bowl until smooth. Fold in spinach, tuna, bacon, and Swiss cheese until evenly mixed. Pour into pie shell.

Bake in preheated oven until a knife inserted into the center comes out clean, 30 to 35 minutes.

Quick Tuna and Vegetable Casserole

Ingredients

2 1/2 cups water
1 (5.7 ounce) package Knorr®
Rice Sides, Cheddar Broccoli
1 cup frozen green peas, partially
thawed*
1 (6 ounce) can tuna, drained and
flaked
2 tablespoons I Can't Believe It's
Not Butter® Spread

Directions

Bring water to a boil in 12-inch skillet.

Stir in remaining ingredients.

Reduce heat to low and simmer, stirring occasionally, 12 minutes or until rice is tender.

Charlie'sB,,ŷ Tuna Melt Wrap

Ingredients

4 Mission Low Carb Soft Taco
Size Flour Tortillas
1 (7 ounce) pouch StarKist Flavor
Fresh PouchB® Tuna (Chunk
Light or Albacore)
1/2 cup diced celery
2 tablespoons sweet green pickle
relish
1/2 cup light mayonnaise
1 teaspoon lemon juice
1 cup sharp Cheddar cheese
(shredded)

Directions

If broiling, pre-heat oven on broil to 350 degrees F. In a bowl, combine the tuna, celery, pickle relish, light mayonnaise and lemon juice, mixing well to create the 'tuna melt' mix. Down the center of each tortilla, place an equal portion of the tuna mix and top each with 1/4 cup of Cheddar cheese.

Place each prepared tortilla on a broiler pan and place under the broiler (for microwaves, use a microwave-safe plate) and cook until the cheese begins to bubble (approximately 1 1/2-2 minutes). Once each tuna melt is cooked, fold the long end of the tortilla over ingredients and roll tightly and transfer them to individual plates.

Tempeh Mock Tuna Salad

Ingredients

- 2 cups vegetable broth
- 1 (8 ounce) package tempeh
- 2 tablespoons soy sauce
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- 1 tablespoon seaweed flakes or granules
- 1/2 cup minced red onion
- 1 cup chopped celery
- 1 cup chopped dill pickles
- 1/4 cup soy mayonnaise

Directions

Heat the broth to a light boil over medium-high heat. Add the tempeh to the broth, and simmer for 25 minutes. Drain and let cool to room temperature for 15 minutes. Once cooled, grate tempeh into a large bowl.

In a small bowl, whisk together the soy sauce, lemon juice, garlic, and seaweed flakes. Pour the seaweed mixture in with the grated tempeh and stir until well mixed. Mix in the red onion, celery, and dill pickles. Toss with the mayonnaise. This salad can be served immediately, but is best when chilled for several hours to allow the flavors to blend.

Team Four Tuna

Ingredients

2 tablespoons minced red onion
2 pepperoncini peppers, minced
1 tablespoon mayonnaise
1 tablespoon rice vinegar
2 imitation crab legs, chopped
2 (6 ounce) cans tuna, drained

Directions

In a mixing bowl, stir together red onion, peppers, mayonnaise, vinegar, imitation crab, and tuna. Chill if desired.

Trish's Tuna Casserole

Ingredients

1 1/2 (8 ounce) packages egg noodles
1 (9 ounce) can tuna, undrained
1 (10.75 ounce) can condensed cream of mushroom soup
1 (15 ounce) can peas with mushrooms and pearl onions (such as Le Sueur®), undrained
1 onion, chopped
1/2 cup milk
salt and black pepper to taste
1/2 cup dry bread crumbs

Directions

Preheat an oven to 350 degrees F (175 degrees C). Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the egg noodles and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes. Drain well in a colander set in the sink.

While the pasta is cooking, stir the tuna, condensed soup, peas with mushrooms and onions, onion, milk, salt, and pepper in a bowl until evenly mixed. Gently stir in the cooked pasta, then pour the mixture into a 9x13 inch baking dish. Sprinkle evenly with dry bread crumbs.

Bake in the preheated oven until the casserole is bubbling and the bread crumbs are golden brown, about 20 minutes.

Far East Tuna (Canapes)

Ingredients

1 (6 ounce) can tuna, drained and flaked
3 tablespoons mayonnaise
3 tablespoons finely chopped pecans
1/4 cup crushed pineapple, drained
1/8 teaspoon curry powder
24 buttery round crackers

Directions

In a medium bowl, mix tuna, mayonnaise, pecans, crushed pineapple and curry powder. Top buttery round crackers with the mixture, and arrange in a single layer on a large, microwave safe dish.

Microwave topped crackers on high for approximately 1 minute, until toppings are warm.

Dressed-Up Tuna Salad

Ingredients

1 head romaine lettuce, torn
1 pint cherry tomatoes, halved
4 hard-cooked eggs, cut into wedges
4 ounces Swiss cheese, julienned
2 (6 ounce) cans light water-packed tuna
1/2 cup sliced red onion
1/2 cup olive or vegetable oil
3 tablespoons balsamic or red wine vinegar
1 teaspoon dried oregano
1 teaspoon salt
1/2 teaspoon pepper

Directions

Arrange romaine on four salad plates. Top with the tomatoes, eggs, cheese, tuna and onion. In a jar with a tight-fitting lid, combine the oil, vinegar, oregano, salt and pepper. Drizzle over salads. Serve immediately.

Carrot and Tuna Bites

Ingredients

1 large carrot, sliced diagonally
into 1/4 inch thick slices
1 (6 ounce) can tuna packed in
water, drained
3 green onions, chopped
1 tablespoon mayonnaise

Directions

Arrange slices of carrot on a plate or serving tray. In a small bowl, mix together the tuna, green onions and mayonnaise. Spoon some onto each slice of carrot and serve immediately.

Best Ever Tuna Salad

Ingredients

2 eggs
1 (12 ounce) can white tuna
1 (6 ounce) can crabmeat,
shredded
1/2 cup mayonnaise
1 teaspoon sour cream
1 teaspoon yellow mustard
1/2 teaspoon dried dill weed
1/8 teaspoon lemon pepper
2 tablespoons dill pickle relish
2 tablespoons sweet pickle relish
3/4 cup finely chopped onion

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop finely.

In a mixing bowl, combine tuna, crabmeat, mayonnaise, sour cream and mustard. Stir in chopped egg, dill weed, lemon pepper, dill and sweet relish and chopped onion. Mix thoroughly.

Steamed Tuna

Ingredients

1 tablespoon vegetable oil
1/4 cup thinly sliced green bell pepper
1/4 cup thinly sliced onion
1 clove garlic, chopped
1 teaspoon seasoned salt
2 teaspoons dried rosemary (optional)
1/2 cup ketchup
3 (6 ounce) cans tuna, drained

Directions

Heat the oil in a large skillet over medium-high heat. Add the bell pepper, onion and garlic; cook and stir until limp. Reduce the heat to medium, and stir in the seasoned salt, rosemary and ketchup. Simmer, stirring constantly, until slightly brown. Mix in the tuna, and cook for about 5 more minutes to blend the flavors before serving.

Verdelho Spinach, Mushroom and Tuna Casserole

Ingredients

1 (16 ounce) package elbow macaroni
2 teaspoons olive oil
5 fresh mushrooms
1/2 teaspoon paprika
1/2 teaspoon chili powder
1 1/2 teaspoons dried oregano
1/4 cup Verdelho wine
1/2 (13.5 ounce) can spinach, drained
3/4 cup part-skim ricotta cheese
1 (12 ounce) can tuna, drained
1 (10.75 ounce) can condensed cream of mushroom soup
1/2 cup milk
4 slices bread, toasted

Directions

Preheat the oven to 300 degrees F (150 degrees C). Bring a large pot of lightly salted water to a boil. Add macaroni, and cook until tender, about 8 minutes. Drain.

Heat olive oil in a skillet over medium heat. Add mushrooms, and saute until tender. Season with paprika, chili powder, and oregano. Pour in the wine, and let simmer for 5 minutes.

Stir in the spinach, and simmer until heated through. Stir the spinach mixture into the drained macaroni. Mix in the tuna. Combine the condensed soup and milk; stir into the mixture until evenly coated. Transfer to a 9x13 inch baking dish. Crumble toasted bread over the top.

Bake for 20 to 25 minutes in the preheated oven, until the top is crispy and browned.

Creole Tuna

Ingredients

1/4 cup chopped green pepper
2 tablespoons butter
2 tablespoons all-purpose flour
1/2 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon pepper
1/3 cup milk
1 (14.5 ounce) can stewed tomatoes
1 (6 ounce) can tuna, drained and flaked
1 teaspoon Creole seasoning
Hot cooked rice

Directions

In a saucepan, saute green pepper in butter until tender. Stir in the flour, sugar, salt and pepper until blended. Gradually add milk, stirring constantly. Stir in tomatoes. Bring to a boil; cook and stir for 2 minutes. Add tuna and Creole seasoning; heat through. Serve over rice if desired.

Tuna Pea Wiggle

Ingredients

1 (6 ounce) can tuna, drained
1 (15 ounce) can peas, with liquid
3/4 cup evaporated milk
2 tablespoons butter
salt and pepper to taste
1 cup all-purpose flour
1 quart milk

Directions

In a medium bowl, stir together the tuna, peas, butter, salt and pepper. In a saucepan, stir together the flour and milk until smooth. Stir in the tuna mixture, and cook over medium-low heat until thickened, about 45 minutes, stirring occasionally. Pour over crackers or toast to serve.

Tuna Salad with Cranberries

Ingredients

2 (6 ounce) cans solid white tuna
packed in water, drained
2 tablespoons mayonnaise
1/3 teaspoon dried dill weed
3 tablespoons dried cranberries
salt

Directions

Place the tuna in a bowl, and mash with a fork. Mix in mayonnaise to evenly coat tuna. Mix in dill and cranberries, and season with salt. Enjoy on crackers or the bread of your choice!

Easy American Potato and Tuna Casserole

Ingredients

2 pounds russet potatoes, peeled and cubed
1 cup 1% milk
4 ounces shredded mozzarella cheese
3 tablespoons grated Parmesan cheese, divided
2 eggs
3 (6 ounce) cans chunk light tuna in water
1/2 cup chopped green onion

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a large pot over high heat, place the potatoes with water to cover and bring to a boil. Let boil for about 20 minutes, or until potatoes are tender. Drain and transfer potatoes to a large bowl. Add the milk, mozzarella cheese and 2 tablespoons of the Parmesan cheese.

Using an electric mixer, beat the potatoes until almost smooth. Then beat in the eggs, drain the tuna and stir the tuna into the potato mixture. Then stir in the green onion, and season with salt and pepper to taste.

Transfer mixture to a lightly-greased 10-inch diameter glass pie dish and top with the remaining Parmesan cheese.

Bake at 400 degrees F (200 degrees C) for 45 minutes, or until golden brown.

Pasta Salad with Tuna and Broccoli

Ingredients

1 head broccoli, separated into florets
1 pound penne pasta
1 pound fresh tuna steaks
1/4 cup water
2 tablespoons fresh lemon juice
1/4 cup white wine
4 medium tomatoes, quartered
1 pound mozzarella cheese, diced
8 large black olives, sliced
1/2 cup walnut pieces, toasted
4 cloves garlic, minced
2 tablespoons chopped fresh parsley
4 anchovy fillets, rinsed
3/4 cup olive oil

Directions

Put a large pot of salted water on to boil; use this water to blanch the broccoli and cook the pasta. Blanch broccoli in boiling water. When it is al dente, transfer broccoli to a bowl of ice water. Drain thoroughly.

Cook penne in salted, boiling water until al dente. Drain. Rinse under cold running water until completely cooled, and then drain completely.

Meanwhile, place tuna in a skillet with water, white wine, and lemon juice. Cover, and cook until done. Break fish into chunks.

Combine broccoli, penne, fish, tomatoes, cheese, olives, walnuts, garlic, and parsley in a large serving bowl.

Heat olive oil in small pan over low heat. Cut anchovy fillets into small pieces, add to the olive oil, and mash with a fork until they dissolve. Do not let oil get too hot. Pour oil-anchovy mixture over salad. Toss, and serve immediately.

Macaroni Tuna Casserole

Ingredients

1 (7.25 ounce) package macaroni and cheese

1 (10.75 ounce) can condensed cream of celery soup, undiluted

1 (6 ounce) can tuna, drained and flaked

1/2 cup milk

1 cup shredded Cheddar cheese

minced fresh parsley (optional)

Directions

Prepare macaroni and cheese according to package directions. Stir in soup, tuna and milk. Pour into a greased 2-qt. baking dish. Sprinkle with cheese and parsley if desired.

Bake, uncovered, at 350 degrees for 20 minutes or until the cheese is melted.

Tuna Salad Muffins

Ingredients

1 1/2 cups all-purpose flour
1 tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 (9 ounce) can tuna packed in water, drained
1/2 cup plain nonfat yogurt
1/2 cup chopped green onion
1/4 cup chopped green olives
1 tablespoon chopped garlic
1 egg
3/4 cup skim milk
1/3 cup vegetable oil

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease muffin tins.

In a medium bowl, stir together flour, sugar, baking powder, and salt. Set aside.

Into a separate bowl, flake tuna; then stir in yogurt, green onion, olives, and garlic. Set aside.

In a small bowl, whisk together egg, milk, and oil.

Stir tuna mixture into flour mixture. Gently stir milk mixture into flour mixture. Spoon tuna salad into the wells of muffin tins.

Bake in a preheated oven for 20 to 25 minutes.

Tuna Rice Casserole

Ingredients

1 1/2 cups instant rice
1 1/2 cups water
1 clove garlic, minced
2 tablespoons finely chopped onion
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 (6 ounce) can tuna, drained
1/2 cup mozzarella cheese, shredded
1/4 cup tomatoes, chopped

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium saucepan, mix water, garlic, onion, salt and black pepper. Cover and bring to a boil. Let boil for 1 minute, then stir in the rice. Cover and remove from heat. Let stand for 5 minutes.

Line the bottom of a 9x5 inch loaf pan with half of the rice. Top with drained tuna, cheese, tomatoes and the remaining rice.

Bake in a preheated oven for 20 minutes.

Orange Ginger Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained
1 orange, peeled, sectioned, and cut into bite-size pieces
1 1/2 tablespoons mayonnaise
2 tablespoons cashew halves
1 teaspoon ground ginger
1 teaspoon lemon juice
salt and pepper to taste
6 leaves fresh spinach

Directions

In a medium bowl combine the tuna, orange pieces, mayonnaise, cashews, ginger, lemon juice and salt and pepper to taste. Mix well. Serve over a bed of spinach or lettuce leaves.

Grilled Jalapeno Tuna Steaks

Ingredients

1 tablespoon olive oil
2 teaspoons lime juice
1 jalapeno pepper, minced
3 cloves garlic, minced
salt and pepper to taste
1 pound ahi tuna steaks

Directions

Whisk the olive oil, lime juice, jalapeno pepper, garlic, salt, and pepper together in a flat-bottomed dish. Place the tuna steaks in the dish, turning to coat entirely in marinade. Refrigerate 20 minutes.

Preheat an outdoor grill for high heat, and lightly oil the grate.

Cook the steaks until they are beginning to firm and are hot in the center, 5 to 7 minutes per side.

Tuna-Stuffed Avocados

Ingredients

2 (3 ounce) packages cream cheese, softened
1/4 cup mayonnaise
2 tablespoons finely chopped onion
1 tablespoon lemon juice
1 teaspoon celery seed
1/2 teaspoon pepper
1 (6 ounce) can tuna, drained and flaked
3 ripe avocados

Directions

In a small mixing bowl, beat the cream cheese and mayonnaise until well blended. Add the onion, lemon juice, celery seed and pepper. Stir in the tuna. Cut avocados in half lengthwise; remove pits. Spoon tuna salad into avocado halves. Serve immediately.

Herbal Tuna Salad

Ingredients

2 hard-cooked eggs
2 tablespoons mayonnaise
2 tablespoons sour cream
1 tablespoon Worcestershire sauce
1 teaspoon prepared mustard
1 teaspoon dried dill weed
1 teaspoon dried rosemary
1 teaspoon grated lemon zest
salt and pepper to taste
2 (6 ounce) cans tuna in water, drained

Directions

In a blender or food processor, combine eggs, mayonnaise, sour cream, Worcestershire sauce, and mustard. Season with dill, rosemary, and lemon zest, salt, and pepper. Blend until smooth, then spoon into a medium bowl. Stir in tuna.

Tropical Tuna Melts

Ingredients

1 (6 ounce) can tuna, drained and flaked
1 tablespoon mayonnaise
1 tablespoon finely chopped celery
1/4 teaspoon salt
1/8 teaspoon lemon-pepper seasoning
2 English muffins, split and toasted
1 (8 ounce) can sliced pineapple, drained
4 slices processed American cheese

Directions

Combine tuna, mayonnaise, celery, salt and lemon-pepper; spread over muffin halves. Top each with a slice of pineapple and cheese. Broil 6 in. from the heat for 2 minutes or until cheese is melted and lightly browned. Serve immediately.

Tuna Bites

Ingredients

1 1/2 cups water
3/4 cup uncooked long-grain white rice
1 tablespoon vegetable oil
1 medium onion, diced
1 (6 ounce) can water packed tuna, drained and flaked
1/2 cup milk
3 tablespoons self-rising flour
1 tablespoon chopped fresh parsley
1 teaspoon white sugar
1 teaspoon white vinegar
1 teaspoon salt
1 teaspoon ground black pepper
2 large eggs
1 quart vegetable oil for frying

Directions

Bring water to a boil in a medium saucepan, and stir in rice. Reduce heat, cover, and simmer for 20 minutes.

Heat 1 tablespoon oil in a small saucepan over low heat. Stir in onion, cover tightly, and cook until tender but not browned, about 5 minutes.

In a large bowl, mix tuna, milk, flour, parsley, sugar, and vinegar. Season with salt and pepper. Mix in rice, onion, and eggs. Mold the mixture into about 12 balls.

Heat 1 quart oil in a large, heavy skillet or deep fryer. Fry the tuna balls in batches until lightly browned. Drain on paper towels.

Tuna Salad With Fresh Dill

Ingredients

1 (6 ounce) can tuna
1/4 cup diced celery
1/4 cup chopped fresh dill weed
2 tablespoons chopped fresh
parsley
2 tablespoons thinly sliced green
onion
2 tablespoons fat-free
mayonnaise
2 tablespoons plain low-fat yogurt
1/2 teaspoon prepared Dijon-style
mustard

Directions

In a small bowl, mash tuna with juices from can. Add celery, dill, parsley, chives, mayonnaise, yogurt, and mustard; mix well.

Zesty Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained
1 teaspoon mayonnaise
1 teaspoon sweet pickle relish
1 teaspoon Dijon-style prepared mustard
1 stalk celery, chopped
1/4 cup chopped onion
1/4 teaspoon ground black pepper

Directions

Mash tuna in a small bowl with a fork. Add mayonnaise, pickle relish, mustard, celery, onion, and black pepper; stir to combine. Chill and serve.

Gourmet Tuna Salad

Ingredients

1 (12 ounce) can albacore tuna in water, drained and flaked
2 green onions, chopped
1 stalk celery, diced
1/4 cup pimento-stuffed green olives, chopped
2 tablespoons capers, chopped
1/4 cup blanched slivered almonds
1 dash Worcestershire sauce
1/2 cup mayonnaise
1/4 cup sour cream

Directions

In a mixing bowl, combine tuna, green onions, celery, green olives, capers and almonds.

In a small bowl, whisk together mayonnaise, sour cream and Worcestershire sauce.

Blend together dressing and tuna mixture. Serve on bed of lettuce or with croissant as a tuna salad sandwich.

Sweet and Sour Sicilian Tuna

Ingredients

3 tablespoons olive oil
1 large onion, cut into chunks
4 tuna steaks
1 cup red wine vinegar
1 cup sugar

Directions

Heat olive oil in a heavy-bottomed skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue to cook and stir until the onion is very tender and dark brown, 15 to 20 minutes more. Remove the onion from the skillet.

Place the tuna steaks in the same skillet over medium-high heat and cook until golden brown, about 2 minutes per side. Remove the tuna steaks to a serving tray; keep warm.

Stir the vinegar and sugar together in the same skillet until sugar is dissolved. Return the onions to the pan, and simmer until the liquid reduces and is slightly thickened, about 5 minutes. Return the tuna to the pan and cook for 3 to 5 minutes. Place the tuna on the warm serving tray and top with the onion and sweet and sour mixture.

Tuna Pita Melts

Ingredients

6 (6-inch) pitas
2 (6 ounce) cans tuna, drained
2 tablespoons mayonnaise
2 tablespoons dill pickle relish
1/2 teaspoon dried dill
1/4 teaspoon salt
1 large tomato, sliced into thin wedges
1 cup shredded Cheddar cheese

Directions

Preheat the oven to 400 degrees F (200 degrees C). Place the whole pita breads in a single layer on a baking sheet. Bake for 5 minutes, or until lightly toasted.

In a medium bowl, mix together the tuna, mayonnaise, relish, dill and salt. Spread an equal amount of the tuna mixture onto each of the pita breads. Arrange tomato wedges over the tuna, and sprinkle with shredded Cheddar cheese.

Bake for 5 minutes in the preheated oven, or until cheese has melted.

Steamed Tuna Fish

Ingredients

2 pounds fresh tuna steaks
1/2 cup soy sauce
1/2 cup sherry
1/2 cup vegetable oil
1 bunch green onions, finely chopped
1/2 cup minced fresh ginger root
3 cloves garlic, minced
1 teaspoon salt
1 teaspoon ground black pepper

Directions

Place tuna steaks in a steamer over 1 inch of boiling water, and cover. Cook 6 to 8 minutes, or until fish flakes easily with a fork.

Meanwhile, in a medium saucepan, combine soy sauce, sherry, vegetable oil, green onions, ginger, garlic, salt, and black pepper. Bring to a boil.

Remove tuna steaks from steamer, and place in a serving dish. Pour sauce over tuna steaks, and serve immediately.

Grilled Tropical Tuna Steaks

Ingredients

1/2 cup pineapple or other tropical fruit preserves
1/4 cup hoisin sauce
2 tablespoons lime juice
1 tablespoon chopped fresh cilantro
1 teaspoon grated fresh ginger
1 teaspoon sesame oil
4 (6 ounce) tuna steaks, about 1 inch thick

Directions

To prepare marinade, combine preserves, hoisin, lime juice, cilantro, ginger, and sesame oil in a small bowl. Stir well.

Pour into a resealable plastic bag or glass bowl; toss tuna with marinade to coat. Refrigerate for 1 hour.

Preheat an outdoor grill for high heat and lightly oil grate.

Remove tuna steaks from marinade, shake off excess, and discard remaining marinade. Cook on preheated grill for 4 to 5 minutes per side. Be careful not to overcook - the tuna should be lightly browned on the outside but still slightly pink in the middle. Serve immediately.

Kidney Bean Tuna Salad

Ingredients

1 cup canned kidney beans,
rinsed and drained
1 (6 ounce) can water-packed
tuna, drained and broken into
chunks
1/3 cup chopped celery
1/3 cup shredded Cheddar
cheese
3 tablespoons sliced ripe olives
2 tablespoons finely chopped red
onion
2 tablespoons minced fresh
cilantro
DRESSING:
2 tablespoons olive oil
2 teaspoons white wine vinegar
2 teaspoons lemon juice
1 garlic clove, minced
1 teaspoon dill weed
1/4 teaspoon salt
1/4 teaspoon pepper
Lettuce Leaves

Directions

In a bowl, combine the first seven ingredients. For dressing, in a small bowl, whisk the oil, vinegar, lemon juice, garlic, dill, salt and pepper. Pour over tuna mixture and toss lightly. Serve on a bed of lettuce if desired.

Tuna Fish Cakes

Ingredients

2 (170 gram) cans white tuna in water, drained, flaked
1 (120 g) package STOVE TOP Stuffing Mix for Chicken
3/4 cup water
1 cup KRAFT Mozza-Cheddar Shredded Cheese
1 carrot, shredded
1/4 cup MIRACLE WHIP Salad Dressing
2 tablespoons sweet pickle relish

Directions

Mix all ingredients. Refrigerate 10 minutes.

Heat large nonstick skillet sprayed with cooking spray on medium heat. Use small ice cream scoop to add 1/4-cup portions of tuna mixture, in batches, to skillet.

Flatten into patties with back of spatula. Cook 6 minutes or until golden brown on both sides, carefully turning patties over after 3 minutes.

Tuna Coney Dogs

Ingredients

4 ounces American cheese, cubed
3 hard-cooked eggs, chopped
1 (6 ounce) can tuna, drained and flaked
2 tablespoons chopped green bell pepper
2 tablespoons chopped onion
2 tablespoons chopped pimento-stuffed green olives
2 tablespoons chopped sweet pickles
1/2 cup mayonnaise
4 hot dog buns

Directions

Preheat the oven to 300 degrees F (150 degrees C).

In a medium bowl, combine the cheese, eggs, tuna, bell pepper, onion, olives and sweet pickles. Stir in mayonnaise until everything is evenly coated. Spoon generously into the hot dog buns, and wrap each sandwich in aluminum foil.

Bake the Coneys in the preheated oven until filling is heated through and cheese is melted, about 10 minutes.

Crab Tuna Souffle

Ingredients

1 (6 ounce) can crabmeat, drained and flaked
1 (6 ounce) can tuna, drained and flaked
4 cups cubed French bread
8 ounces Muenster cheese, cubed
2 tablespoons chopped fresh parsley
4 eggs
3 cups milk
3 tablespoons butter
2 teaspoons mustard powder
1 teaspoon grated onion

Directions

In a small bowl, stir together the crabmeat and tuna. Place a layer of bread cubes in the bottom of a 1 1/2 quart casserole dish. Cover with a layer of the crab and tuna, then a layer of cheese and a sprinkle of parsley. Repeat layers 2 more times ending with cheese and parsley on top.

In a medium bowl, whisk together the eggs, milk, butter, mustard powder and onion. Pour over the layers in the dish. Cover and refrigerate for at least 3 hours, or overnight.

Preheat the oven to 350 degrees F (175 degrees C). Let the dish come to room temperature while the oven preheats.

Bake uncovered for 1 hour and 15 minutes in the preheated oven, or until puffed and golden.

Tangy Mediterranean Tuna Salad

Ingredients

1 cup whole, pitted kalamata olives
1 tablespoon garlic, minced
1 tablespoon capers, drained
3 tablespoons olive oil
1 (6 ounce) can water-packed tuna, drained
1/2 one lemon, juiced

Directions

Combine the olives, garlic and capers in an electric food processor, and process to form a paste. With the motor still running, slowly add the olive oil through the feed tube and blend thoroughly. Then add the tuna and lemon juice, and continue processing until smooth.

Macaroni Tuna Salad

Ingredients

1 (16 ounce) package elbow macaroni
2 (6 ounce) cans white tuna, drained and flaked
2 stalks celery, minced
1 onion, minced
2 cups mayonnaise
1 (5 ounce) jar pimento-stuffed green olives, drained
1 pint grape tomatoes
salt and pepper to taste

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink. Transfer the macaroni to a bowl, and cool in the refrigerator.

In a large bowl, lightly toss the tuna with celery, onion, and about 1 cup mayonnaise until combined, then stir in the remaining mayonnaise, macaroni, olives, and grape tomatoes. Season to taste with salt and pepper. Let the salad chill in refrigerator 1 hour.

Tuna and Black Bean Salad Wraps

Ingredients

1 (15 ounce) can black beans, drained
1 (11 ounce) can white albacore tuna
3/4 cup fresh tomatoes, peeled, seeded and chopped
1/3 cup finely chopped red onion
1 tablespoon minced serrano pepper
1/2 cup extra-virgin olive oil
2 tablespoons fresh lime juice
1/4 cup chopped parsley
1/4 cup chopped cilantro
Salt and pepper, to taste
6 large butter lettuce leaves

Directions

In a large bowl, combine beans, tuna, tomatoes, onion, peppers, oil and lime juice. Toss gently, being careful to keep tuna in bite-size pieces. Cover and refrigerate at least one hour. Add parsley and cilantro; season with salt and pepper. Spoon tuna salad into lettuce leaves. Fold up leaves and eat taco style.

Fruity Tuna Salad

Ingredients

2 (6 ounce) cans tuna, drained
1 cup chopped dates
1 1/2 cups chopped celery
1 large apple - peeled, cored and diced
1/2 cup lemon yogurt
1 tablespoon minced onion
2 teaspoons lemon juice
1 teaspoon ground curry powder

Directions

In a large bowl, mix the tuna, dates, celery and apple.

In a separate bowl, whisk together the yogurt, onion, lemon juice, and curry powder. Pour over tuna mixture and gently toss to coat. Refrigerate 1 hour, or until chilled.

Mama Marie's Moroccan Tuna Brik

Ingredients

- 1 tablespoon butter
- 1 small onion, finely chopped
- 2 (5 ounce) cans tuna packed in oil, drained
- 2 tablespoons chopped fresh parsley
- 1 teaspoon capers, or to taste
- 2 tablespoons grated Parmesan cheese
- salt and pepper to taste
- 10 sheets phyllo dough
- 1 quart vegetable oil for frying
- 1 lemon, cut into wedges

Directions

Melt the butter in a skillet over medium heat. Stir in the onion, and cook until the onion has softened and turned translucent, about 5 minutes. Transfer the onion to a mixing bowl, and stir in the tuna, parsley, capers, and Parmesan cheese; season to taste with salt and pepper.

Cut the phyllo sheets in half lengthwise, ending up with long, narrow sheets. Lay out one strip of phyllo at a time on your work surface with one of the narrow ends close to you. Place a heaping tablespoon of filling 1 inch from the end closest to you. Fold the bottom right corner over the filling to the left edge to form a triangle. Fold the triangle up, bringing the point at the bottom left up to rest along the left edge. Turn the lower left corner over to touch the right edge. Continue turning the triangle over in this manner until you reach the end of the phyllo. Lightly brush the last inch of phyllo with water to seal. Repeat with the remaining filling and phyllo dough.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Fry the brik in the preheated oil in batches until golden brown and crispy, about 3 minutes. Drain the brik on a paper towel-lined plate. Serve with lemon wedges.

Tuna Noodle Casserole from Scratch

Ingredients

1/2 cup butter, divided
1 (8 ounce) package uncooked medium egg noodles
1/2 medium onion, finely chopped
1 stalk celery, finely chopped
1 clove garlic, minced
8 ounces button mushrooms, sliced
1/4 cup all-purpose flour
2 cups milk
salt and pepper to taste
2 (6 ounce) cans tuna, drained and flaked
1 cup frozen peas, thawed
3 tablespoons bread crumbs
2 tablespoons butter, melted
1 cup shredded Cheddar cheese

Directions

Preheat oven to 375 degrees F (190 degrees C). Butter a medium baking dish with 1 tablespoon butter.

Bring a large pot of lightly salted water to a boil. Add egg noodles, cook for 8 to 10 minutes, until al dente, and drain.

Melt 1 tablespoon butter in a skillet over medium-low heat. Stir in the onion, celery, and garlic, and cook 5 minutes, until tender. Increase heat to medium-high, and mix in mushrooms. Continue to cook and stir 5 minutes, or until most of the liquid has evaporated.

Melt 4 tablespoons butter in a medium saucepan, and whisk in flour until smooth. Gradually whisk in milk, and continue cooking 5 minutes, until sauce is smooth and slightly thickened. Season with salt and pepper. Stir in tuna, peas, mushroom mixture, and cooked noodles. Transfer to the baking dish. Melt remaining 2 tablespoons butter in a small bowl, mix with bread crumbs, and sprinkle over the casserole. Top with cheese.

Bake 25 minutes in the preheated oven, or until bubbly and lightly browned.

Pasta with Tuna, Sun-Dried Tomatoes, Artichoke

Ingredients

1 (16 ounce) package linguine pasta
1/4 cup olive oil, divided
1/2 cup diced onion
2 tablespoons chopped fresh thyme
1 1/2 pounds fresh tuna steaks, cubed
1/2 cup dry white wine
2 cups chicken stock
1/4 cup fresh lemon juice
1 tablespoon lemon zest
1/2 cup chopped oil-packed sun-dried tomatoes
3/4 cup sliced marinated artichoke hearts
salt and freshly ground black pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add linguine pasta, cook for 8 to 10 minutes, until al dente, and drain.

Heat 2 tablespoons olive oil in a large saucepan over medium-high heat, and cook the onion 4 minutes, until tender. Mix in the thyme, and continue cooking 2 minutes, until onion is golden brown. Set aside onion and thyme. Place the tuna in the saucepan, and cook 2 to 3 minutes, until browned. Set aside, and keep warm.

Heat the remaining oil in the saucepan. Return the onion and thyme to saucepan, and stir in the white wine. Cook until reduced by about 1 tablespoon. Mix in the chicken stock, lemon juice, and lemon zest. Reduce heat to medium, and continue cooking 10 minutes, until reduced to about 3/4 cup.

Mix the sun-dried tomatoes and artichoke hearts into the saucepan, and cook just until heated through. Return tuna to the saucepan, and cook to desired doneness. Toss the cooked pasta into the saucepan. Season with salt and pepper.

Tuna Pasta Salad with Dill

Ingredients

1 (16 ounce) package small uncooked seashell pasta
1 1/2 cups mayonnaise
1/2 cup milk
2 tablespoons pickle juice
2 teaspoons dried dill weed
1 teaspoon salt
1/8 teaspoon ground black pepper
2 (6 ounce) cans tuna packed in water, drained
1/2 cup chopped onion (optional)

Directions

Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.

In a large bowl, whisk together the mayonnaise, milk, pickle juice, dill, salt, and pepper. Mix in tuna and onion. Toss with cooked pasta. Cover and refrigerate 1 to 2 hours before serving.

Thai Tuna Burgers

Ingredients

1 1/2 pounds fresh tuna steaks, minced
1/2 cup dry bread crumbs
1/4 cup finely chopped green onion
1/4 cup grated carrot
1 tablespoon minced fresh ginger root
1 tablespoon chopped fresh cilantro
1 teaspoon sesame oil
1 tablespoon ketchup
1 tablespoon lite soy sauce
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/4 teaspoon black pepper
1 egg, beaten
6 hamburger buns
6 lettuce leaves - rinsed and dried
2 medium tomatoes, sliced

Directions

In a bowl, thoroughly mix minced tuna, bread crumbs, green onion, carrot, ginger, cilantro, sesame oil, ketchup, soy sauce, cumin, salt, pepper, and egg. Cover, and refrigerate for 30 minutes.

Preheat oven broiler.

Form tuna mixture into 6 patties, and place in a broiler pan on top oven rack. Cook, uncovered, 4 minutes per side, or until easily flaked with a fork. Serve on hamburger buns with lettuce and tomato.

Creamy Tuna Pasta Salad

Ingredients

1 (8 ounce) package small seashell pasta
2 yellow squash, chopped
1 zucchini, chopped
1/2 cup chopped banana squash
1 (15 ounce) can kidney beans, drained and rinsed
1/2 (15 ounce) can canned corn
2 (6 ounce) cans tuna, drained
1/2 cup Italian-style salad dressing

Directions

Bring a large pot of salted water to a boil. Stir in pasta and return pot to boil. Cook until al dente. Drain well.

Place squash and zucchini in a medium saucepan with 2 cups of water. Bring to a boil and cook until tender, about 15 minutes. Drain and set aside.

In a large bowl, combine pasta, squash, zucchini, kidney beans, corn and tuna. Mix well and chill for at least 30 minutes. After salad is chilled, stir in dressing and serve.

Tuna Buns in Tinfoil

Ingredients

3 eggs
1/4 pound processed American cheese, cubed
1/2 cup mayonnaise
1 (6 ounce) can tuna, drained and flaked
2 tablespoons chopped green bell pepper
2 tablespoons chopped onion
2 teaspoons chopped sweet pickles
2 tablespoons chopped stuffed green olives
4 tablespoons butter
8 hamburger buns

Directions

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop. Preheat oven to 300 degrees F (150 degrees C).

In a mixing bowl, combine the American cheese, mayonnaise, chopped egg and tuna. Then mix in the green pepper, onion, chopped sweet pickles, and the chopped olives. Mix thoroughly.

Butter the hamburger buns with about a 1/2 tablespoon for each. Fill the buns with the mixture and wrap in tinfoil.

Bake in preheated oven for 30 minutes, or until cheese is melted.

Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained
1 (15 ounce) can chickpeas
(garbanzo beans), drained
2 hard-boiled eggs, chopped
1 cucumber, peeled and diced
1 head iceberg lettuce, torn into
bite-sized pieces
1/2 cup French dressing

Directions

In a large mixing bowl, combine tuna, chickpeas (garbanzo beans), chopped hard-boiled eggs, diced cucumber, and iceberg lettuce.

Toss well and add French dressing to taste.

Grilled Macadamia-Crusted Tuna with Papaya

Ingredients

2 cups diced papaya
1/2 red onion, diced
1 red bell pepper, diced
1/4 cup chopped fresh cilantro
2 tablespoons lime juice
1 clove garlic, minced
1/4 teaspoon hot chile paste, or to taste
4 (6 ounce) tuna steaks
1/4 cup extra-virgin olive oil
salt and pepper to taste
3 eggs
1/2 cup chopped macadamia nuts

Directions

Combine the papaya, onion, and red pepper in a bowl. Add the cilantro, lime juice, garlic, and hot chile paste. Toss to combine, then refrigerate until ready to serve.

Preheat an outdoor grill for high heat, and lightly oil grate.

Brush the tuna steaks with olive oil, then season with salt and pepper. Whisk the eggs in a shallow bowl until smooth. Dip the tuna steaks in the egg, and allow excess egg to run off. Press into the macadamia nuts.

Cook the tuna steaks on the preheated grill to your desired degree of doneness, about 2 minutes per side for medium. Serve with the papaya salsa.

Basil-Tomato Tuna Steaks

Ingredients

1 tablespoon olive or canola oil
4 (4 ounce) tuna or salmon steaks
1/2 teaspoon salt
1/8 teaspoon pepper
1/3 cup loosely packed fresh basil leaves
1 medium tomato, chopped
1/4 cup shredded part-skim mozzarella cheese

Directions

In a large nonstick skillet, heat oil over medium heat. Add the tuna steaks; cook for 3 minutes on each side or until fish flakes easily with a fork. Transfer to a broiler pan. Sprinkle fish with salt and pepper. Cover with basil leaves. Top with tomato and cheese. Broil 4-6 in. from the heat for 2 minutes or until the cheese is melted.

Tuna Tartare

Ingredients

1 pound sushi grade tuna, finely diced
3 tablespoons olive oil
1/4 teaspoon wasabi powder
1 tablespoon sesame seeds
1/8 teaspoon cracked black pepper
sliced French bread

Directions

In a bowl, stir together olive oil, wasabi powder, sesame seeds, and cracked black pepper. Toss tuna into mixture until evenly coated. Adjust seasoning as desired with additional wasabi powder or black pepper. Serve on sliced French bread.

Tuna, Avocado and Bacon Sandwich

Ingredients

4 slices bacon
1 (6 ounce) can solid white tuna
packed in water
1/2 teaspoon Dijon mustard
1/2 teaspoon prepared
horseradish
1 tablespoon sweet pickle relish
1 tablespoon minced red onion
1/4 teaspoon paprika
black pepper to taste
2 hoagie buns, split
1 avocado - peeled, pitted and
sliced
1 tomato, sliced
2 slices provolone cheese
2 lettuce leaves

Directions

Cook bacon in the microwave on a paper towel-lined microwave safe plate until crispy, about 4 minutes.

Meanwhile, stir together tuna, Dijon mustard, horseradish, relish, and red onion. Season with paprika and pepper. Divide this mixture between the hoagie buns. On each sandwich, place 1/2 an avocado, 1/2 a tomato, 1 slice provolone cheese, 1 lettuce leaf, and 2 slices bacon.

Grilled Tuna Salad

Ingredients

20 ounces fresh tuna steaks, 1 inch thick
3 tablespoons white wine
3 tablespoons olive oil
2 tablespoons red wine vinegar
1/2 teaspoon chopped fresh rosemary
1/2 teaspoon ground black pepper
1/8 teaspoon salt
1 clove garlic, minced
6 cups packed torn salad greens
1 cup halved cherry tomatoes

Directions

Preheat grill for medium heat.

Place tuna in a glass dish. Prepare the vinaigrette by whisking together the wine, olive oil, red wine vinegar, rosemary, pepper, salt and garlic. Pour 2 tablespoons over fish and turn to coat. Marinate 15 to 30 minutes, turning once. Reserve remaining vinaigrette for salad dressing.

Coat grill rack with cooking spray and place on grill to heat 1 minute. Place tuna on grill 4 to 6 inches over hot coals. Cover with lid or tent with foil. Cook, turning once, just until tuna begins to flake easily when tested with a fork, about 7 minutes. Discard marinade.

Arrange salad greens on 4 plates. Place hot tuna on greens and add cherry tomatoes. Stir remaining vinaigrette and drizzle over salads.

Tuna Dumplings

Ingredients

1 (6 ounce) can tuna, drained
1 egg
1 teaspoon dried parsley
1/2 cup shredded Cheddar cheese
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 (10.75 ounce) can condensed cream of broccoli soup
1 (12 fluid ounce) can evaporated milk
2 teaspoons chopped pimento
1 (8 ounce) package refrigerated crescent rolls

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a small mixing bowl, combine tuna, egg, parsley, cheese, salt and pepper. In another small bowl, mix the soup, milk, and pimentos together.

Flatten the crescent rolls one at a time, and place a small amount of tuna mixture on each roll. Fold over and seal edges.

Arrange stuffed crescent rolls in the preheated oven. Pour the soup and milk mixture over the rolls. Bake in preheated oven until the dumplings are richly browned, about 30 minutes.

Pasta With Tuna Sauce

Ingredients

1 tablespoon olive oil
1 onion, chopped
2 cloves crushed garlic
1 tablespoon capers
1 (14.5 ounce) can crushed tomatoes
1 tablespoon lemon juice
1 tablespoon chopped fresh parsley
1/4 teaspoon red pepper flakes
2 (6 ounce) cans tuna, drained
1 (16 ounce) package dry pasta

Directions

In a large saute pan, heat oil over low heat. Add onion and garlic; cook and stir until onion is tender. Stir in capers, tomatoes, lemon juice, and parsley. Season with red pepper flakes to taste. Simmer gently for 3 minutes to thicken sauce. Fold in tuna, and heat through.

While sauce is cooking, add pasta to a large pot of rapidly boiling water; cook till just tender. Drain well.

Toss pasta with sauce, and serve.

Tuna Salad Pockets

Ingredients

1 (6 ounce) can tuna, drained and flaked
1/4 cup thinly sliced celery
1/4 cup chopped walnuts
1/4 cup plain yogurt
3 tablespoons sweet pickle relish
1 green onion, sliced
2 (6 inch) pita breads, halved

Directions

In a small bowl, combine the first six ingredients. Spoon into pitas.

Fruit, Veggie, and Tuna Salad Wrap

Ingredients

1 (6 ounce) can tuna, drained
2 tablespoons mayonnaise
4 cups chopped fresh spinach
1 large carrot, shredded
1 apple, cored and diced
1/2 cup shredded mozzarella cheese
1/4 cup fresh blueberries
4 (10 inch) flour tortillas

Directions

Combine the tuna with the mayonnaise in a bowl, and mix until well combined.

Mix together the spinach, carrot, apple, mozzarella cheese, and blueberries in a bowl, and gently fold in the tuna salad, making sure not to crush the blueberries.

Microwave the flour tortillas for about 10 seconds, until slightly warmed and pliable. Scoop about 1 1/2 cups of the spinach-tuna mixture into the center of each tortilla, fold up the bottom 2 inches to enclose the filling, wrap, and serve.

Tuna Noodle Casserole III

Ingredients

1 (16 ounce) package tri-colored pasta assortment
2 carrots, sliced
1 cup chopped broccoli
3 (10.75 ounce) cans condensed cream of mushroom soup
2 (6 ounce) cans tuna, drained
3 stalks celery, chopped
1/2 onion, chopped
1 red bell pepper, chopped
2 tablespoons shredded Cheddar cheese

Directions

Bring a large pot of slightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Add carrots and broccoli for 5 minutes or less before removing pasta; drain. Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine pasta, carrots, broccoli, soup, tuna, celery, onion, and red bell pepper; mix all together. Place mixture evenly in a 9x13 inch baking dish, and sprinkle cheese on top. Bake in preheated oven for 20 minutes.

Salsa Tuna Salad

Ingredients

1/2 cup plain nonfat yogurt
1/4 cup salsa
1/4 teaspoon pepper
2 (6 ounce) cans tuna, drained and flaked
1 cup frozen corn, thawed
1 cup chopped green pepper
Lettuce Leaves

Directions

In a bowl, combine yogurt, salsa and pepper; mix well. Add tuna, corn and green pepper; toss to coat. Serve in a lettuce-lined bowl if desired.

Tuna Noodle Casserole I

Ingredients

1 (8 ounce) package wide egg noodles
2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon salt (optional)
1 cup milk
1 cup shredded sharp Cheddar cheese
1 (6 ounce) can tuna, drained
1 (15 ounce) can peas, drained

Directions

Preheat oven to 350 degrees F (175 degrees C). Coat a 2 quart casserole dish with cooking spray.

In a large pot of salted water, boil noodles until al dente. Drain well.

In a medium saucepan, combine flour, butter, and salt. Stir until butter is melted and ingredients are combined evenly. Add milk, and whisk until the sauce thickens (usually it is at the proper consistency by the time it begins to boil). Add cheese to mixture, and whisk until cheese is melted and mixture is well blended. Stir in tuna, peas, and noodles. Spread evenly in prepared dish.

Bake in preheated oven for 30 minutes.

Tuna Mousse Terrine with Olives

Ingredients

15 pimento-stuffed green olives
1 (.25 ounce) package unflavored gelatin
2 (12.5 ounce) cans water-packed tuna, drained
1 cup mayonnaise
1/2 cup ketchup
1/4 teaspoon paprika
1 pinch white pepper
1 tablespoon white sugar

Directions

Slicing crosswise, cut each stuffed olive into 3 or 4 slices. Spray a small 3-cup terrine, or decorative mold with a flat bottom, with non-stick spray. Carefully cover the bottom of the terrine with the sliced olives, making sure that the pimentos stay in the center of the olives.

In a small saucepan over low heat, heat 1/2 cup of water. Stir in the gelatin until it completely dissolves, stirring constantly so that the gelatin does not burn.

Place the tuna, mayonnaise, ketchup, paprika, white pepper and sugar in an electric blender. Process until smooth. Add the gelatin into the mixture and process again until it becomes a uniform paste. Carefully spoon the tuna mixture into the terrine over the olives until the dish is full to the rim. Refrigerate for at least 2 hours. When ready, remove the tuna mousse from the mold and serve.

Tuna And Bean Salad

Ingredients

1 cup frozen French-style green beans
1 (6 ounce) can tuna, drained
1/2 cup drained canned cannellini beans
1 red onion, chopped
1 tablespoon olive oil
1 tablespoon lemon juice
1 tablespoon minced garlic
2 tablespoons grated Parmesan cheese
salt and pepper to taste

Directions

In a large bowl, mix together green beans, tuna, cannellini beans, chopped onion, olive oil, lemon juice, garlic, and cheese. Season to taste with salt and black pepper. Cover, and chill in the refrigerator for about 2 hours.

Pan Seared Ahi Tuna, Baby Beets and Watercress

Ingredients

Salad:

30 baby beets, any color, trimmed with 1-inch tops remaining
1/4 cup extra virgin olive oil
1 teaspoon sea salt
2 bunches watercress, washed, spun dry and trimmed
1 1/2 pounds seared ahi tuna

Ginger Vinaigrette:

1 lemon, juiced
1/4 cup rice wine vinegar
1/4 cup orange juice
2 tablespoons champagne vinegar
1 tablespoon fish sauce
2 packets Stevia Extract In The Raw®
2 tablespoons fresh peeled and chopped ginger
1 garlic clove, peeled and chopped
1 tablespoon sesame oil
1 tablespoon light soy sauce
1/2 cup extra virgin olive oil
1 tablespoon toasted sesame seeds

Directions

Salad: Preheat oven to 375 degrees F

Rinse beets in cold water. Place on roasting pan and add enough water to cover three-fourths. Cover pan tightly with foil and roast about 50 minutes or until just under fork tender. Remove from oven. Beets will finish cooking during the cooling process.

While beets are still warm, peel using soft towel rubbing skin off gently. Remove root top with a paring knife. Toss beets in bowl with olive oil and sea salt and set aside.

Prepare ahi tuna and slice. Place on bed of watercress with roasted beets and ginger vinaigrette.

Ginger Vinaigrette: In small container combine all ingredients in an airtight non-metallic container and shake vigorously to combine.

Chompchae Deopbap (Korean Spicy Tuna and

Ingredients

1 cup uncooked white rice
2 cups water

1 tablespoon olive oil
3 cloves garlic, minced
1 (1/2 inch) piece fresh ginger, minced
1/2 onion, coarsely chopped
1 cup kim chee
1/2 cup sliced cucumber
1/4 cup sliced carrots
2 tablespoons soy sauce
2 tablespoons rice vinegar
salt and pepper to taste
1 tablespoon Korean chile powder, or to taste
1 tablespoon water, or as needed
1 (6 ounce) can tuna, drained

Directions

Bring the rice and 2 cups of water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Heat the olive oil in a skillet over medium heat. Stir in the garlic, ginger, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the kim chee, cucumber, and carrot. Pour in the soy sauce and rice vinegar. Season with salt, pepper, and chile powder. If the mixture becomes too thick, add 1 tablespoon of water. Gently stir in the tuna and continue cooking until the fish is heated through. Serve with rice.

Crunchy Tuna Turnovers

Ingredients

2 (6 ounce) cans tuna, drained and flaked
1/2 cup shredded Cheddar cheese
1/3 cup mayonnaise
1/3 cup sliced ripe olives
1/8 teaspoon lemon-pepper seasoning
1 (12 ounce) package refrigerated buttermilk biscuits
1 egg, beaten
1 1/4 cups crushed potato chips

Directions

In a small bowl, combine tuna, cheese, mayonnaise, olives and lemon-pepper; set aside. On a lightly floured surface, flatten each biscuit into a 5-in. circle. Spoon 2 rounded tablespoonfuls of tuna mixture onto one side of each circle. Fold dough over filling; press edges with a fork to seal.

Place egg and potato chips in separate shallow bowls. Dip turnovers in egg, then coat with chips. Place on an ungreased baking sheet. Make a 2-1/2-in. slit in top of each turnover. Bake at 375 degrees F for 18-21 minutes or until golden brown.

Milly's Tuna on a Shoestring

Ingredients

1 (6 ounce) can tuna, drained
1 cup shredded carrot
1 cup diced celery
1/4 cup minced onion
3/4 cup mayonnaise, or to taste
1/2 (9 ounce) can shoestring
potatoes

Directions

Break the tuna apart in a bowl. Add the carrot, celery, onion, and mayonnaise; stir to mix. Fold in the shoestring potatoes just before serving.

Tuna Fish Special

Ingredients

1 (6 ounce) can tuna, drained and flaked
1 cup frozen peas, thawed
1/2 cup chopped celery
1/4 cup sliced green onions
1/3 cup mayonnaise
1 teaspoon lemon juice
1/2 teaspoon soy sauce
1/8 teaspoon curry powder
1 dash garlic powder
2 tablespoons slivered almonds, toasted
1 cup chow mein noodles
Lettuce Leaves

Directions

In a bowl, combine tuna, peas, celery and onions. In another bowl, combine mayonnaise, lemon juice, soy sauce, curry powder and garlic powder; stir into tuna mixture. stir in almonds; top with noodles. Serve on lettuce if desired.

Tuna with Rice Pilaf

Ingredients

1 cup uncooked brown rice
2 cups water
2 tablespoons olive oil, divided
1 onion, chopped
1 teaspoon dried thyme
1/2 teaspoon ground black pepper, divided
1 cup frozen shelled edamame (green soybeans)
4 (4 ounce) tuna steaks
1/4 teaspoon salt
1 bulb shallots, peeled and chopped
3/4 cup water
1 tablespoon minced fresh chives
1/4 teaspoon grated orange zest
1 tablespoon orange juice

Directions

Place the rice and 2 cups water in a pot, and bring to a boil. Cover, reduce heat to low, and simmer 45 minutes.

Heat 1 tablespoon olive oil in a skillet over medium heat. Stir in onion, and cook until tender. Season with thyme and 1/4 teaspoon pepper. Gently stir into the cooked rice.

Place the edamame in separate pot with enough water to cover, and bring to a boil. Cook 5 minutes, or until tender. Mix into the rice.

Heat remaining olive oil in a skillet. Rub tuna with remaining 1/4 teaspoon pepper and salt. Place tuna in the skillet, and cook to desired doneness. Set aside, and keep warm.

Place shallots in skillet. Increase heat to high, and pour in 3/4 cup water. Cook until liquid is reduced to about 1/2 cup, then stir in chives, orange zest and orange juice. Arrange fish over the rice and drizzle with the sauce to serve.

Tuna Cream Cheese Omelet

Ingredients

2 teaspoons vegetable oil
1/2 small onion, chopped
1 (6 ounce) can tuna, drained
1/3 cup sour cream
3 tablespoons cream cheese
1/2 cup shredded mozzarella cheese
1 (2.25 ounce) can sliced black olives
1/8 teaspoon dried dill weed
1/8 teaspoon garlic powder
5 eggs
1/4 cup milk
2 teaspoons vegetable oil

Directions

Heat 2 teaspoons vegetable oil in a large skillet. Cook and stir onion over medium heat until onions begin to brown.

Combine tuna, sour cream, cream cheese, mozzarella cheese, olives, dill, garlic powder, and cooked onion in a large bowl.

Beat eggs with milk in a large bowl. Heat 2 teaspoons of oil in the skillet used to cook the onions. Pour the egg mixture into the hot pan. As eggs set, lift the edges to allow the liquid to run underneath for even cooking. When eggs are almost fully set, spoon tuna mixture onto one half of the eggs; fold the untopped half over the filling. Cover pan, and remove from heat. Allow omelet to rest in covered pan until the cheese is melted.

New Wife Tuna Salad

Ingredients

5 hard-cooked eggs, chopped
4 (6 ounce) cans tuna, drained
1 stalk celery, chopped
1/2 cup chopped sweet onion
1 cup mayonnaise
1 tablespoon honey mustard
2 tablespoons dill pickle relish
1/2 teaspoon celery seed
1/2 teaspoon ground black pepper
1/2 teaspoon seasoned salt

Directions

Place the tuna, hard-cooked egg, celery and onion in a large bowl. In a small bowl, stir together the mayonnaise, honey mustard, relish, celery seed, pepper and seasoned salt. Pour over the ingredients in the other bowl, and stir gently to coat. Serve immediately at room temperature, or chill until ready to serve.

Mandarin Tuna Salad

Ingredients

1 (8 ounce) package elbow macaroni
1 (11 ounce) can mandarin oranges, drained
1 (9 ounce) can tuna packed in water, drained
1 cup chopped apple
1 cup diced celery
1 cup fat-free mayonnaise or salad dressing
1 teaspoon lemon juice
1/2 teaspoon salt
1/8 teaspoon paprika

Directions

Prepare macaroni according to package directions; drain and rinse in cold water. Place in a large bowl; add the oranges, tuna, apple and celery. In a small bowl, combine the mayonnaise, lemon juice and salt; fold into macaroni mixture. Sprinkle with paprika. Cover and refrigerate for at least 2 hours before serving.

Seared Ahi Tuna with Watercress, Chile, and

Ingredients

1 tablespoon minced fresh ginger
3 tablespoons lime juice
4 teaspoons fish sauce
2 teaspoons white sugar
salt and pepper to taste
1/4 cup olive oil
1 clove garlic, minced
1 teaspoon grated lime zest
1/2 fresh red chile pepper, seeded and minced
1 bunch cilantro, stems and leaves separated
2 (8 ounce) tuna steaks

1 bunch watercress, trimmed
12 cherry tomatoes, halved
1/2 fresh red chile pepper, cut into matchsticks

Directions

Whisk together the ginger, lime juice, fish sauce, sugar, salt and pepper in a bowl until the sugar has dissolved. Slowly whisk in olive oil until incorporated. Set aside and refrigerate half of this mixture to be used as a salad dressing later. Whisk the garlic, lime zest, minced chile pepper, and cilantro stems into the marinade. Coat the tuna steaks with the marinade, cover, and let stand for 1 hour at room temperature.

Preheat a large, heavy-bottomed skillet over medium-high heat. Once the skillet is very hot, remove the tuna from the marinade, and place into the skillet. Sear the tuna until golden brown on both sides, and cooked to your desired degree of doneness, about 2 minutes per side for medium, depending on thickness.

Place the watercress in a large bowl with the cilantro leaves, cherry tomatoes, and sliced chile pepper. Pour in the reserved dressing, and toss to mix. Serve the seared tuna on a bed of salad.

Sweet and Spicy Tuna Salad

Ingredients

1 (6 ounce) can water-packed tuna, drained
1/2 cup mayonnaise (such as Hellman's®)
1/2 cup sweet pickle relish (such as Heinz®)
1/8 teaspoon chile-garlic sauce (such as Sriracha®)

Directions

Stir the tuna, mayonnaise, relish, and chile-garlic sauce together in a bowl; serve.

Garden Tuna Sandwiches

Ingredients

1 (6 ounce) can water-packed tuna, drained and flaked
2/3 cup chopped seeded peeled cucumber
1/2 cup shredded carrot
1/4 cup finely chopped green onions
1/4 cup fat-free mayonnaise
1/4 cup Dijon mustard
2 tablespoons fat-free sour cream
1 tablespoon lemon juice
pepper to taste
8 slices whole wheat bread
4 lettuce leaves

Directions

In a bowl, combine the nine ingredients. Spread on four slices of bread; top with lettuce and remaining bread.

Refreshing Mint and Tuna Salad

Ingredients

1 (6 ounce) can tuna in water, drained
1 (6 ounce) package crumbled garlic and herb feta cheese
3 hearts of romaine lettuce, torn into pieces
1 cucumber, peeled and chopped
4 green onions, chopped
1/4 cup olive oil
1/4 cup lemon juice
4 cloves garlic, minced
1/4 cup chopped fresh parsley
1/4 cup chopped fresh mint leaves
salt and pepper to taste

Directions

In a large serving bowl, toss together the tuna, feta cheese, lettuce, cucumber and green onion. In a smaller bowl, whisk together the olive oil, lemon juice, garlic, parsley, mint leaves, salt and pepper. Pour over salad and toss gently. Serve immediately.

Tuna and Goat Cheese Stuffed Tomatoes

Ingredients

6 large tomatoes
salt and pepper, to taste
4 ounces crumbled goat cheese
8 ounces mascarpone cheese,
room temperature
1 (12 ounce) can albacore tuna in
water, drained and flaked
1/2 cup finely chopped red onion
1/2 cup finely chopped cucumber
1/2 cup finely chopped
mushrooms
1/2 cup finely chopped red bell
pepper
1/2 cup finely chopped celery
1 teaspoon minced garlic
1 tablespoon toasted sesame
seeds
2 teaspoons sunflower seeds
2 tablespoons shredded
Parmesan cheese
1 teaspoon garlic salt, or to taste
1 teaspoon onion powder, or to
taste
salt and pepper, to taste
1 tablespoon dried parsley flakes,
for garnish (optional)
1 teaspoon Worcestershire sauce
(optional)

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cut a thin slice off the top of each tomato, and gently scoop out pulp and seeds, leaving a 1/2 inch wall. Finely dice 1/2 cup of the pulp and set aside. Season the inside of each hollowed tomato with pinches of salt and pepper.

Mix reserved diced tomato pulp, goat cheese, mascarpone cheese, tuna, red onion, cucumber, mushrooms, red pepper, celery, garlic, and sesame seeds in a large bowl.

Scoop mixture into tomato shells up to the top of each tomato. Place on a foil-lined baking sheet.

Sprinkle each tomato with sunflower seeds, Parmesan cheese, garlic salt, onion powder, salt, and pepper. If desired, sprinkle each tomato with parsley flakes and Worcestershire sauce.

Bake in the preheated oven for 25 minutes, then broil right before serving until tops are lightly browned, about 1 to 2 minutes.

Quick and Easy Tuna Casserole

Ingredients

1 (12 ounce) package egg noodles
2 cups frozen green peas
2 (10.75 ounce) cans condensed
cream of mushroom soup
2 (6 ounce) cans tuna, drained
1 onion, chopped
10 slices American processed
cheese
ground black pepper to taste

Directions

Bring a large pot of water to a boil. Add noodles and frozen peas. Cook until noodles are al dente, drain well. Return noodles and peas to the pot.

Mix soup, tuna fish, onions, processed cheese and pepper into the pot. Stir constantly until all of the ingredients are well mixed and the cheese has melted. Serve.

Waldorf Tuna Salad

Ingredients

2 (6 ounce) cans light water-packed albacore tuna, drained and flaked
1 large red apple, chopped
1/3 cup chopped celery
1/3 cup raisins
1/3 cup chopped dates
1/4 cup chopped walnuts
1/2 cup fat-free plain yogurt
1/4 cup reduced-fat mayonnaise
4 lettuce leaves
1/4 cup shredded reduced-fat Monterey Jack cheese

Directions

In a large bowl, combine the tuna, apple, celery, raisins, dates and walnuts. Combine yogurt and mayonnaise; add to tuna mixture and toss to coat. Serve on lettuce-lined plates; sprinkle with the cheese.

Tuna Cheese Dip

Ingredients

2 (6 ounce) cans water-packed tuna, drained
1 tablespoon mayonnaise
1 teaspoon butter, softened
2 cups process cheese food, melted

Directions

In a medium-sized mixing bowl, combine tuna, mayonnaise, butter and melted cheese. Let dip cool. Stir before serving.

Cheesy Tuna and Noodles

Ingredients

3 (3 ounce) packages chicken
flavor ramen noodle soup
1 (10.75 ounce) can
Campbell's® Condensed Cream
of Mushroom Soup (Regular, 98%
Fat Free or 25% Less Sodium)
3/4 cup milk
1/8 teaspoon garlic powder
1/8 teaspoon ground black
pepper
1 (9 ounce) package frozen mixed
vegetables
1 1/2 cups shredded mozzarella
cheese
1 (6 ounce) can tuna, drained and
flaked

Directions

Cook ramen soup according to package directions. Drain off most of liquid.

Mix mushroom soup, milk, garlic, pepper and vegetables in skillet. Heat to a boil. Cover and cook over low heat 5 min. or until vegetables are tender. Add cheese and heat until melted.

Add tuna and noodles. Heat through.

Zingy Pesto Tuna Wrap

Ingredients

1 (6 ounce) can albacore tuna in water, drained and flaked
2 tablespoons mayonnaise
1 tablespoon basil pesto sauce
1 teaspoon lemon juice
1 pinch ground black pepper
1 (10 inch) flour tortilla
4 leaves lettuce
1 slice provolone cheese
5 pitted kalamata olives, cut in half

Directions

Lightly stir together the tuna, mayonnaise, pesto, lemon juice, and pepper in a bowl until well combined.

Microwave the tortilla on High until warmed and pliable, 5 to 10 seconds.

Spread the tuna mixture on the tortilla, and top with the lettuce leaves, provolone cheese, and kalamata olives. Fold the bottom of the tortilla up about 2 inches to enclose the filling, and roll the tortilla tightly into a compact wrap.

Citrus-Ginger Tuna Steaks

Ingredients

1/2 cup olive oil
1/4 cup white wine vinegar
2 tablespoons soy sauce
1 tablespoon lemon juice
1 tablespoon lime juice
2 garlic cloves, minced
1 tablespoon minced fresh ginger root
2 (8 ounce) tuna steaks

Directions

In a bowl, combine the first seven ingredients. Pour 1/2 cup marinade into a large resealable plastic bag; add tuna steaks. Seal bag and turn to coat; refrigerate for 2-4 hours. Cover and refrigerate remaining marinade.

Drain and discard marinade from tuna. Coat grill rack with nonstick cooking spray before starting grill. Grill tuna, uncovered, for 5-7 minutes on each side or until fish flakes easily with a fork. Serve with the reserved marinade.

Pico de Tuna

Ingredients

1 (6 ounce) can tuna in water,
drained
1/3 cup chopped onion
1/3 cup chopped tomatoes
1/3 cup minced cilantro
1 small jalapeno pepper, seeded
and minced
salt and pepper to taste

Directions

In a medium bowl, stir together the tuna, onion, tomatoes, cilantro, and jalapeno. Season with salt and pepper. Refrigerate until serving.

Tuna Ball

Ingredients

1 (6 ounce) can tuna, drained and flaked
1 (8 ounce) package cream cheese, softened
3/4 cup chopped pecans
1/4 cup chopped onion

Directions

In a medium bowl, blend tuna, cream cheese, 1/2 the pecans and onion. Shape into a ball or loaf. coat with remaining pecans. Refrigerate until serving.

Creamed Tuna On Toast

Ingredients

1 (6 ounce) can tuna, drained
1 (10.75 ounce) can condensed
cream of celery soup
1 cup milk
8 slices bread
salt to taste
pepper to taste

Directions

In a medium saucepan over medium-low heat, mix tuna and soup. Gradually stir in the milk. Cook 5 to 10 minutes, stirring occasionally, until slightly thickened.

Toast the bread. Pour equal amounts of the tuna mixture over each slice of toasted bread and season with salt and pepper to serve.

Tuna Steaks with Melon Salsa

Ingredients

1 small cantaloupe, flesh removed and finely diced
1/2 red chile pepper, seeded and chopped
10 fresh basil leaves, cut into thin strips
2 tablespoons extra-virgin olive oil
2 tablespoons fresh lime juice
1 pinch salt
1 pinch white sugar
2 tablespoons extra-virgin olive oil
2 (5 ounce) tuna steaks
salt and ground black pepper to taste

Directions

Combine the cantaloupe, chile pepper, basil, 2 tablespoons olive oil, lime juice, salt, and sugar in a bowl.

Heat 2 tablespoons olive oil in a skillet. Season tuna steaks with salt and pepper. Cook tuna in oil for 3 minutes per side. Spoon cantaloupe mixture over each steak to serve.

Simple Tuna Melts

Ingredients

1 (6 ounce) can tuna, drained
1/2 small onion, minced
pepper to taste
12 slices pickled jalapeno
2 English muffins, split
4 slices Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl, combine tuna, minced onion, and black pepper. Divide mixture onto 4 halves of English Muffins. Arrange 3 slices jalapenos on each muffin half. Top each with a slice of Cheddar cheese. Place on baking sheet.

Bake in oven for 10 minutes, or until cheese begins to bubble.

White Beans and Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained and flaked
1/2 red bell pepper
1/2 onion, chopped
3 tablespoons chopped fresh cilantro
2 tablespoons capers
1/4 cup pickle relish
1/2 cup mayonnaise
1/2 cup Dijon-style mustard
1 teaspoon garlic powder
1/2 (15 ounce) can white beans, drained
2 tablespoons chopped fresh parsley, for garnish

Directions

In a food processor, blend the tuna, red bell pepper, onion, cilantro, capers, relish, mayonnaise, mustard, and garlic powder until smooth. Transfer to a bowl, and mix in the white beans. Garnish with parsley to serve.

Tuna with Mediterranean Lentil Salad

Ingredients

1 tablespoon olive oil
1 cup diced carrots
1/2 cup diced red onion
2 cloves garlic, minced
salt and black pepper to taste
1 cup dry lentils, rinsed and drained
3 cups water
3 tablespoons olive oil
1 1/2 tablespoons lemon juice
1/4 cup chopped fresh parsley

1 1/2 tablespoons lemon juice
4 (7 ounce) tuna steaks
2 tablespoons olive oil

Directions

Heat 1 tablespoon of olive oil in a large saucepan over medium heat, and cook and stir the carrots, red onion, garlic, and salt and pepper until the onions are translucent, about 5 minutes. Stir in the lentils and water, bring to a boil, and reduce heat to a simmer. Cook the lentils until tender but not mushy, about 20 minutes. Drain off excess liquid, and transfer to a bowl. Stir in 3 tablespoons of olive oil, 1 1/2 tablespoons of lemon juice, parsley, and additional salt and black pepper if needed.

Drizzle 1 1/2 tablespoons of lemon juice over the tuna steaks, and sprinkle both sides of the steaks with salt and pepper. In a large skillet, heat 2 tablespoons of olive oil over medium-high heat until the oil is very hot, place the steaks into the hot oil, and sear on each side until the outside of the tuna is well browned and the inside is pink, about 2 minutes per side. Divide the lentil salad between 4 plates, and serve a tuna steak next to the salad.

Tuna Noodle Stew

Ingredients

1 (8 ounce) package egg noodles
1 (6 ounce) can tuna, drained
1 (10.75 ounce) can condensed
cream of celery soup
1 cup frozen green peas
1/2 cup chopped red bell pepper
1 onion, diced
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain leaving about a 1/2 cup of water in the pot.

To the pot of pasta, add tuna, celery soup, peas, red bell pepper, onion, and salt and pepper to taste.

Simmer until hot. If needed, add more water or milk.

Tuna Patties with Dill Sauce

Ingredients

2 parsnips, peeled and cut into
1/2 inch slices
2 egg whites, lightly beaten
1/2 cup soft bread crumbs
1/4 cup finely chopped green
onions
1 tablespoon dried parsley flakes
2 teaspoons lemon juice
1/2 teaspoon grated lemon peel
1/2 teaspoon dill weed
1/4 teaspoon pepper
2 (6 ounce) cans light water-
packed albacore tuna, drained
and flaked
2 teaspoons olive or canola oil
DILL SAUCE:
1/2 cup fat-free mayonnaise
1 teaspoon lemon juice
1 teaspoon grated lemon peel
1/2 teaspoon dill weed

Directions

Place parsnips in a saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer for 30-35 minutes or until tender. Drain well. Place parsnips in a food processor or blender; cover and process until smooth. In a bowl, combine 1 cup pureed parsnips, egg whites, bread crumbs, onions, parsley, lemon juice and peel, dill and pepper. Add tuna and mix well.

Shape into eight 1/2-in.-thick patties (patties will be soft). In a large nonstick skillet, heat oil over medium heat. Cook patties for 5-6 minutes on each side or until lightly browned. Combine the sauce ingredients in a small bowl; serve with tuna patties.

Tuna Cashew Casserole

Ingredients

1 (3 ounce) can chow mein
noodles
1 (6 ounce) can chunk light tuna in
water, drained
1 cup roasted salted cashews
1 cup diced celery
1 (10.75 ounce) can condensed
cream of mushroom soup
1/4 cup water

Directions

Preheat an oven to 375 degrees F (190 degrees C).

Measure 1/2 cup of the chow mein noodles and set aside. Combine the remaining noodles, tuna, cashews, celery mushroom soup, and water in a 1 1/2 quart baking dish. Top with the 1/2 cup of noodles you set aside.

Bake in the preheated oven until heated through, about 30 minutes.

Tuna Buns

Ingredients

3 eggs
1/4 pound processed cheese
food, diced
2 tablespoons sweet pickle relish
1 (6 ounce) can tuna, drained
2 tablespoons minced onion
1/2 cup creamy salad dressing, e.
g. Miracle Whip
3 tablespoons chopped stuffed
green olives
4 hamburger buns

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop. Preheat oven to 400 degrees F (200 degrees C).

In a mixing bowl, combine eggs, processed cheese food, sweet pickle relish and tuna. Stir in the onion, creamy salad dressing and green olives. Mix thoroughly.

Spoon the mixture onto the hamburger buns, then wrap in aluminum foil.

Bake in preheated oven for 15 minutes. or until cheese is thoroughly melted.

Tuna Wellingtons with Pimento Cheese Sauce

Ingredients

1 egg
1 (6 ounce) can canned tuna
1/4 cup mayonnaise
2 tablespoons diced dill pickles
2 tablespoons chopped pimento
1 tablespoon chopped green bell pepper
2 cups all-purpose flour, sifted
3 teaspoons baking powder
1 teaspoon salt
1/3 cup vegetable shortening
1 cup shredded sharp Cheddar cheese
2 tablespoons chopped pimento
2/3 cup milk

3 tablespoons butter
3 tablespoons diced green bell pepper
3 tablespoons all-purpose flour
1 1/2 cups milk
1 1/2 cups shredded sharp Cheddar cheese
2 tablespoons minced pimento
1/2 teaspoon salt
1 cup shredded sharp Cheddar cheese

Directions

Preheat oven to 450 degrees F (230 degrees C).

In a large mixing bowl, combine tuna fish, mayonnaise, egg, pickles, 2 tablespoons pimentos, and 1 tablespoon chopped green bell pepper. Mix well, and set bowl aside.

Sift together 2 cups flour, baking powder, and salt. Cut in vegetable shortening until mixture resembles coarse crumbs. Stir in 1 cup Cheddar cheese and 2 tablespoons chopped pimento. Add 2/3 cup milk and stir until mixture forms a ball. Knead about 15 times.

Roll out dough 1/4 inch thick. Cut into 3 inch rounds (should be about 20 rounds total). Spoon a tablespoon of the tuna mixture onto the top half of each round (using 10 rounds). Moisten the edges of these 10 rounds with water and place each of the remaining 10 rounds over each tuna-layer round. Press edges together with the tines of a fork and prick the tops to vent the dough. Place on a cookie sheet.

Bake tuna rounds at 450 degrees F (230 degrees C) for 12 to 15 minutes.

To Make Cheese Sauce: In a double-boiler, heat 3 tablespoons butter and add 3 tablespoons chopped bell pepper; cook until softened. Blend in 3 tablespoons flour, and mix until smooth. Add 1 1/2 cups milk and cook, stirring constantly, until thickened. Sift in 1 1/2 cups Cheddar cheese, 2 tablespoons chopped pimento and 1/2 teaspoon salt. Continue to cook until cheese has completely melted.

Serve Tuna Wellingtons with the cheese sauce poured over them.

Wasabi Encrusted Tuna Steaks

Ingredients

- 1 tablespoon five-spice powder
- 1 tablespoon grated fresh ginger
- 2 tablespoons sake
- 2 tablespoons rice vinegar
- 2 tablespoons tamari
- 1/4 cup sesame oil
- 2 pounds ahi tuna steaks, each about 1 inch thick
- 1 pound wasabi peas, crushed
- 2 tablespoons light brown sugar

Directions

In a large bowl, whisk together the five-spice powder, ginger, sake, rice vinegar, tamari, and sesame oil. Add the tuna steaks and turn to coat; allow to marinate for 30 minutes.

Combine the crushed wasabi peas and brown sugar. Remove the tuna steaks from the marinade, and press into the pea mixture to coat. Pour the marinade into a small saucepan and bring to a simmer over medium-high heat. Reduce heat to medium, and simmer until the sauce has reduced and thickened, 5 to 10 minutes.

While the sauce is cooking, sear the tuna in a small amount of oil in a skillet over medium-high heat to desired doneness. Pour sauce over tuna to serve.

Grilled Citrus Tuna

Ingredients

1/2 cup orange juice
1/2 cup olive oil
1 teaspoon oregano, dried
1 teaspoon finely chopped fresh parsley
salt and ground black pepper to taste
2 (6 ounce) fresh tuna steaks

Directions

In a large bowl, combine orange juice, olive oil, oregano, parsley, salt, and pepper. Mix well. Place the tuna steaks in the bowl, turn to coat both sides with marinade; cover and refrigerate 30 minutes.

Preheat an outdoor grill for medium-high heat.

Remove tuna from the marinade and shake off excess. Place tuna onto preheated grill and cook to desired doneness, about 5 minutes per inch for medium-rare or 10 minutes per inch for medium-well.

Crunchy Tuna Sandwiches

Ingredients

1 (8 ounce) can sliced water chestnuts, drained and chopped
1 (6 ounce) can tuna, drained and flaked
1/3 cup mayonnaise
1 tablespoon minced fresh parsley
1 teaspoon soy sauce
1/4 teaspoon salt
1/8 teaspoon ground ginger
2 sandwich rolls, split
Lettuce Leaves

Directions

In a bowl, combine the first seven ingredients; mix well. Cover and refrigerator for 1 hour. Just before serving, spoon onto rolls and top with a lettuce leaf.

Tuna Pasta Salad

Ingredients

1 cup seashell pasta
1 bunch green onions, chopped
1/2 cup iceberg lettuce, rinsed
and chopped
1 (6 ounce) can tuna, drained
1 (15 ounce) can peas, drained
1/2 cup shredded Cheddar
cheese

Directions

In a medium pot with boiling salted water cook until al dente. Drain.

In a large bowl place the sliced green onions and chopped lettuce. Add the drained and cooked pasta, drained tuna, sweet peas, grated Cheddar cheese, and mix well.

Stir in salad dressing to your liking of creaminess and serve.

Asian Tuna Patties

Ingredients

2 (6 ounce) cans tuna, drained and flaked
1 egg, beaten
3/4 cup dry bread crumbs
3 green onions, minced
1 clove garlic, peeled and minced
1 tablespoon soy sauce
1 tablespoon teriyaki sauce
1 tablespoon ketchup
1 teaspoon sesame oil
1 teaspoon black pepper
1/2 cup cornmeal
2 tablespoons vegetable oil

Directions

In a large bowl, mix tuna, egg, bread crumbs, green onions, and garlic. Blend soy sauce, teriyaki sauce, ketchup, sesame oil, and pepper into the mixture. Form the mixture into about 6 patties approximately 1 inch thick. Lightly sprinkle each patty on all sides with cornmeal.

Heat oil in a medium skillet over medium heat. Fry each patty about 5 minutes on each side, until golden brown.

Spinach Tuna Casserole

Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
1 (6 ounce) can tuna, drained
1/3 cup seasoned bread crumbs
3 tablespoons crushed seasoned stuffing
1/4 teaspoon salt
1/2 cup mayonnaise
1/4 cup sour cream
2 teaspoons lemon juice
2 tablespoons Parmesan cheese

Directions

In a bowl, combine the first five ingredients; mix well. Combine the mayonnaise, sour cream and lemon juice; add to tuna mixture and mix well. Transfer to a greased 2-cup baking dish. Sprinkle with Parmesan cheese.

Cover and bake at 350 degrees for 20-25 minutes or until heated through.

Mediterranean Tuna Salad Sandwich

Ingredients

1 (12 ounce) can water packed tuna, drained
1 (15.5 ounce) can white beans, rinsed and drained
1 (14 ounce) can artichoke hearts, drained and chopped
1/4 cup pesto
1/4 cup low-fat mayonnaise
2 tablespoons fresh lemon juice
1/4 teaspoon ground black pepper
6 lettuce leaves
6 slices Roman Meal Original bread

Directions

Combine tuna, beans, artichokes, pesto, mayonnaise, lemon juice and black pepper in medium bowl.

Place one lettuce leaf on each slice of toast; top with about 3/4 cup tuna salad each.

Classic Tuna Noodle Casserole

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup or Campbell's® Condensed 98% Fat Free Cream of Celery Soup
1/2 cup milk
1 cup cooked peas
2 tablespoons chopped pimientos (optional)
2 (6 ounce) cans tuna, drained and flaked
2 cups hot cooked medium egg noodles
2 tablespoons dry bread crumbs
1 tablespoon butter or margarine, melted

Directions

Preheat oven to 400 degrees F.

Mix soup, milk, peas, pimiento, tuna and noodles in 1 1/2-quart baking dish.

Bake for 20 minutes.

Mix bread crumbs with butter. Sprinkle on top. Bake 5 minutes or until hot.

Tuna Steaks with Salsa

Ingredients

1 cup shredded carrots
3/4 cup chopped peeled mango
2 tablespoons lime juice
1 tablespoon minced chives
1/4 teaspoon salt, divided
1/4 teaspoon pepper, divided
1/8 teaspoon ground coriander
1/8 teaspoon ground cumin
4 (6 ounce) tuna steaks

Directions

For salsa, in a bowl, combine the carrots, mango, lime juice, chives, 1/8 teaspoon salt, 1/8 teaspoon pepper, coriander and cumin; set aside. Sprinkle tuna steaks with remaining salt and pepper.

Coat grill rack with nonstick cooking spray before starting the grill. Grill tuna, covered, over medium heat for 5-7 minutes on each side or until fish flakes easily with a fork. Top with salsa.

Tuna Bake with Cheese Swirls

Ingredients

3 tablespoons chopped onion
3 tablespoons chopped green pepper
1/3 cup butter or margarine
1/3 cup all-purpose flour
3 cups milk
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 (12 ounce) can tuna, drained and flaked
1 tablespoon lemon juice
1 teaspoon salt
DOUGH:
2 cups biscuit/baking mix
1/2 cup milk
1/2 cup shredded Cheddar cheese
1/2 cup diced pimientos
1/4 cup minced fresh parsley
1 egg
2 teaspoons water

Directions

In a saucepan, saute onion and green pepper in butter. Blend in flour until smooth. Gradually stir in milk; bring to a boil over medium heat. Cook and stir for 2 minutes. Remove from the heat; stir in soup, tuna, lemon juice and salt. Pour into an ungreased 13-in. x 9-in. x 2-in. baking dish.

For dough, combine biscuit mix and milk until blended. On a lightly floured surface, roll dough into a 12-in. x 9-in. rectangle. Sprinkle with cheese, pimientos and parsley. Roll up, jelly-roll style, starting with a long side. Cut into 1-in. slices; place over tuna mixture. Beat egg and water; brush over the swirls. Bake, uncovered, at 400 degrees F for 20-25 minutes or until top is lightly browned.

Portuguese Fresh Tuna (Sauce and Marinade)

Ingredients

3 tablespoons pimenta moida
1/4 cup cider vinegar
1/2 teaspoon salt
1/3 teaspoon pepper
1 tablespoon garlic powder
2 tablespoons hot paprika
4 large fresh tuna steaks

1/2 cup butter
1 cup olive oil

1/4 cup pimenta moida
1/2 cup ketchup
1/4 cup cider vinegar
1/4 cup water
2 tablespoons hot paprika
1/2 teaspoon salt
1/3 teaspoon pepper
1 tablespoon garlic powder

Directions

In a large resealable plastic bag, mix 3 tablespoons pimenta moida, 1/4 cup cider vinegar, 1/2 teaspoon salt, 1/3 teaspoon pepper, 1 tablespoon garlic powder, and 2 tablespoons hot paprika. Place tuna steaks in the bag, seal, and gently shake to coat. Marinate in the refrigerator 1 1/2 to 3 hours.

Melt the butter and heat the olive oil in a large, heavy cast iron skillet over medium-high heat. Discard marinade, and place tuna steaks in the skillet. Fry 2 1/2 minutes on each side, or until fish is easily flaked with a fork. Remove from skillet and drain on paper towels.

Mix 1/4 cup pimenta moida, ketchup, 1/4 cup cider vinegar, water, 2 tablespoons hot paprika, 1/2 teaspoon salt, 1/3 teaspoon pepper, and 1 tablespoon garlic powder into the skillet. Scrape up browned bits, and cook sauce 3 minutes, or until slightly thickened. Scoop a portion of the sauce over the cooked fish to serve, and serve remaining sauce as a gravy for rice and potatoes.

Nutty Tuna Sandwiches

Ingredients

1 (6 ounce) can tuna, drained and flaked
1 hard-cooked egg, chopped
1 green onion, sliced
1/4 cup chopped salted peanuts
1/4 cup prepared ranch dressing
2 teaspoons lemon juice
2 whole wheat pita breads, halved
4 lettuce leaves

Directions

In a bowl, combine the tuna, egg, onion, peanuts, dressing and lemon juice. Line each pita half with a lettuce leaf; stuff with tuna mixture.

Tuna From Can To Frying Pan

Ingredients

2 cups broccoli florets
2 tablespoons butter
salt and pepper to taste
1 (5 ounce) can tuna packed in oil,
drained
1 tablespoon teriyaki sauce
1 pinch garlic powder

Directions

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the broccoli and steam until just tender, 2 to 6 minutes depending on the size of the broccoli florets. Remove the broccoli to a serving bowl and toss with butter, add salt and pepper to taste.

Heat the tuna, teriyaki sauce, and garlic powder in a skillet over medium heat. Cook and stir until the tuna has heated through, about 5 minutes. Pour the tuna over the broccoli and serve.

Quick Tuna Salad

Ingredients

1 (7 ounce) can solid white tuna
packed in water, drained
1/4 cup creamy salad dressing
(such as Miracle Whip[®])
1 tablespoon sweet pickle relish,
or to taste

Directions

Mash tuna together with salad dressing and relish in a small bowl with a fork. Serve.

Bow Tie Pasta with Tomato Tuna Sauce

Ingredients

1 (16 ounce) package farfalle (bow tie) pasta
1 tablespoon olive oil
1/2 cup whole wheat bread crumbs
1 tablespoon salt
1/2 teaspoon ground black pepper
1 tablespoon lemon zest
1 (15 ounce) can canned beans
1 (6 ounce) can tuna, drained
2 cups tomato sauce
3/4 cup grated Parmesan cheese, divided

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Bring a large pot of lightly salted water to a boil over high heat. Stir in the pasta and boil until cooked through, but still firm to the bite, about 12 minutes. Drain well.

Heat the olive oil in a large skillet. Toast bread crumbs in oil, about 2 minutes. Season with salt and pepper; stir in lemon zest. Remove seasoned bread crumbs from skillet and drain on paper towels.

Place the skillet back over medium heat. Add the beans, and mash. Stir in the tuna, tomato sauce, and 1/4 cup of the Parmesan cheese. Reduce heat to a simmer and cook for 10 to 15 minutes.

Toss sauce with prepared pasta; place in prepared baking dish. Top with the toasted bread crumbs and remaining 1/2 cup Parmesan cheese. Bake in preheated oven until the cheese melts, about 10 minutes.

Blackened Tuna

Ingredients

1 1/2 pounds fresh tuna steaks, 1 inch thick
2 tablespoons Cajun seasoning
2 tablespoons olive oil
2 tablespoons butter

Directions

Generously coat tuna with Cajun seasoning.

Heat oil and butter in a large skillet over high heat. When oil is nearly smoking, place steaks in pan. Cook on one side for 3 to 4 minutes, or until blackened. Turn steaks, and cook for 3 to 4 minutes, or to desired doneness.

One Pot Tuna Casserole

Ingredients

1 (16 ounce) package egg noodles
1 (10 ounce) package frozen green peas, thawed
1/4 cup butter
1 (10.75 ounce) can condensed cream of mushroom soup
1 (6 ounce) can tuna, drained
1/4 cup milk
1 cup shredded Cheddar cheese

Directions

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water until al dente, adding peas for the final 3 minutes of cooking; drain.

Melt the butter in the same pot over medium heat. Add the mushroom soup, tuna, milk, and Cheddar cheese. Stir until cheese is melted, and the mixture is smooth. Stir in the pasta and peas until evenly coated.

Grilled Tuna Teriyaki

Ingredients

2 tablespoons light soy sauce
1 tablespoon Chinese rice wine
1 large clove garlic, minced
1 tablespoon minced fresh ginger root
4 (6 ounce) tuna steaks (about 3/4 inch thick)
1 tablespoon vegetable oil

Directions

In a shallow dish, stir together soy sauce, rice wine, garlic, and ginger. Place tuna in the marinade, and turn to coat. Cover, and refrigerate for at least 30 minutes.

Preheat grill for medium-high heat.

Remove tuna from marinade, and discard remaining liquid. Brush both sides of steaks with oil.

Cook tuna for approximately for 3 to 6 minutes per side, or to desired doneness.

Tuna Noodle Casserole II

Ingredients

1 (16 ounce) package uncooked pasta shells
2 (6 ounce) cans tuna, drained
1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed cream of celery soup
1 1/4 cups milk
1 teaspoon salt
1/4 teaspoon ground black pepper
1 teaspoon crushed garlic
4 slices processed American cheese
1 1/2 cups crushed potato chips

Directions

Boil pasta in lightly salted water for 10 minutes, or until al dente; drain well. Return the pasta to the pot it was cooked in.

Preheat oven to 350 degrees F (175 degrees C). Spray a 2 1/2 quart casserole dish with cooking spray.

Mix tuna with cream of mushroom soup, cream of celery soup, milk, salt, black pepper, and garlic in a medium saucepan. Place pan over medium low heat, and heat through. Alternatively, place these ingredients in a microwave safe dish, and warm in the microwave.

Mix tuna mixture with pasta. Spread 1/2 of the noodles into the prepared dish. Arrange the cheese slices over the noodles, then spread the remaining noodle mixture over the cheese. Top with crushed potato chips.

Bake, uncovered, for 20 to 30 minutes; cook until the casserole is hot, and the chips begin to brown. Let cool for 10 minutes before serving.

Tuna Curry in a Hurry

Ingredients

2 tablespoons butter
1 clove garlic, minced
1/3 cup chopped onion
1/3 cup chopped green bell pepper
1 (6 ounce) can tuna, drained and flaked
1 cup sour cream
1 teaspoon curry powder

Directions

Over medium-low heat melt butter in a large saucepan. Add garlic, onions and green pepper. Cook slowly, stirring occasionally, until onions are soft.

Stir in tuna, sour cream, curry powder, salt and pepper. Heat until warm and serve.

Tuna Noodle Casserole

Ingredients

3 cups uncooked egg noodles
1 cup chopped celery
1/3 cup chopped onion
1/4 cup chopped green pepper
1 tablespoon vegetable oil
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 cup shredded Cheddar cheese
1 cup milk
1 (12 ounce) can tuna, drained and flaked
1/2 cup mayonnaise*
1 (2 ounce) jar diced pimientos, drained
1/2 teaspoon salt

Directions

Cook noodles according to package directions. Meanwhile, in a skillet, saute the celery, onion and green pepper in oil until tender; set aside. In a saucepan, combine the soup, cheese and milk. Cook and stir over low heat until cheese is melted.

Drain noodles; place in a large bowl. Add the celery mixture, soup mixture, tuna, mayonnaise, pimientos and salt. Pour into a greased 8-in. square baking dish. Bake, uncovered, at 350 degrees F for 25-30 minutes or until heated through.

Cheese Lover's Tuna Casserole

Ingredients

1 cup elbow macaroni
1 (10.75 ounce) can condensed cream of mushroom soup
2 (6 ounce) cans tuna, drained
1 pound Cheddar cheese, cubed
1 1/2 cups seasoned croutons

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Meanwhile, in a 9x13 inch baking dish, combine soup, tuna and 1/2 of the cheese; mix well.

Add pasta to baking dish and mix together. Add remaining cheese to the top of the mixture, then add croutons. Cover dish and bake in preheated oven for 15 minutes or until the cheese is melted; serve.

Tuna Confetti Salad

Ingredients

2 (6 ounce) cans tuna, drained
2 tablespoons mayonnaise
2 tablespoons diced green bell pepper
2 tablespoons diced red bell pepper
1 tablespoon red onion, diced
1 tablespoon thinly sliced green onion
1 clove garlic, minced
1/2 teaspoon chopped fresh parsley
1 teaspoon rice wine vinegar
1/2 teaspoon lemon juice
7 drops hot pepper sauce
salt and pepper to taste

Directions

In a mixing bowl, combine the tuna, mayonnaise, bell peppers, red onion, green onion, garlic, parsley, vinegar, lemon juice, hot pepper sauce and salt and pepper. Stir well and refrigerate for at least one hour.

Where's the Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained
1/2 cup mayonnaise
1/4 cup finely chopped red onion
1/4 cup finely chopped celery
1/4 cup chopped dill pickle
1/4 cup chopped sweet pickle
1 tablespoon chopped fresh
parsley

Directions

Mix together the tuna, mayonnaise, red onion, celery, dill pickle, sweet pickle, and parsley; chill in refrigerator at least 1 hour before serving.

Drop Dead Delicious Tuna Salad

Ingredients

4 (6 ounce) cans tuna, drained
1 lemon, juiced
2 cups mayonnaise
4 stalks celery, diced
1/2 cup sweet pickle relish

Directions

In a mixing bowl, combine the tuna, lemon juice, mayonnaise, celery and pickle relish. Mix together well and refrigerate until ready to serve.

Wasabi Ahi Tuna Tartare

Ingredients

8 ounces high quality ahi tuna, cut into 1/4-inch pieces
2 tablespoons peanut oil
1 tablespoon wasabi fumi furikake (rice seasoning)
1/4 teaspoon wasabi powder
5 ounces mixed baby greens

Directions

Place the tuna in a small bowl. Pour peanut oil over, sprinkle with the wasabi fumi furikake, and wasabi powder. Stir well, cover, and refrigerate until serving.

To serve, press half of the mixture into a 1/2 cup container and unmold onto a bed of greens. Repeat for second portion.

Golden Tuna Casserole

Ingredients

1 (7.25 ounce) package macaroni and cheese mix
1/2 cup chopped onion
1/4 cup chopped green pepper
1/3 cup butter or margarine
3/4 cup milk
1 (10.75 ounce) can condensed cream of celery soup, undiluted
1 (6 ounce) can tuna, drained
1 (4.5 ounce) jar sliced mushrooms, drained
1 (2 ounce) jar diced pimientos, drained

Directions

Set aside the cheese sauce packet. In a saucepan, cook macaroni according to package directions; drain and set aside. In the same pan, saute onion and green pepper in butter. Return macaroni to the pan. Add milk and contents of cheese sauce packet; stir until smooth. Stir in the soup, tuna, mushrooms and pimientos.

Pour into a greased 2-qt. baking dish. Cover and bake at 350 degrees F for 25-30 minutes or until bubbly.

Seared Ahi Tuna Steaks

Ingredients

2 (5 ounce) ahi tuna steaks
1 teaspoon kosher salt
1/4 teaspoon cayenne pepper
1/2 tablespoon butter
2 tablespoons olive oil
1 teaspoon whole peppercorns

Directions

Season the tuna steaks with salt and cayenne pepper.

Melt the butter with the olive oil in a skillet over medium-high heat. Cook the peppercorns in the mixture until they soften and pop, about 5 minutes. Gently place the seasoned tuna in the skillet and cook to desired doneness, 1 1/2 minutes per side for rare.

Cheesy Tuna Dinner

Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup
1 1/2 cups milk
2 (6 ounce) cans tuna, drained, flaked
1 cup frozen green peas, thawed
2 cups MinuteB® White Rice, uncooked
1 cup shredded Cheddar cheese
French fried onions or crushed potato chips (optional)

Directions

Mix soup and milk in medium saucepan. Bring to boil on medium heat, stirring frequently.

Add tuna and peas; mix well. Return to boil.

Stir in rice and cheese; cover. Reduce heat to low; cook 5 minutes. Stir until cheese is melted. Garnish with canned French fried onions or crushed potato chips just before serving, if desired.

Citrus Tuna Steaks

Ingredients

1 pink grapefruit
1/4 cup lemon juice
1/4 cup lime juice
2 tablespoons honey
1 tablespoon snipped fresh dill
1 teaspoon crushed red pepper flakes
1/2 teaspoon ground ginger
4 (6 ounce) tuna steaks or fillets

Directions

Peel and section grapefruit over a bowl, reserving juice. Refrigerate half of the grapefruit sections. Add remaining grapefruit to the reserved grapefruit juice. Add the lemon juice, lime juice, honey, dill, red pepper flakes and ginger. Remove 1/4 cup for basting; cover and refrigerate. Pour remaining marinade into a large resealable plastic bag; add the tuna steaks. Seal bag and turn to coat; refrigerate for 30 minutes, turning once.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade from tuna. Grill tuna, uncovered, over medium heat for 6-7 minutes on each side, basting frequently with reserved marinade. Top tuna steaks with reserved grapefruit sections. Cover and cook for 5 minutes or until fish flakes easily with a fork.

Delicious Angel Hair in Tomato, Tuna and Olive

Ingredients

2 1/2 tablespoons olive oil
3/4 cup chopped onion
2 cloves garlic, chopped
1 (6 ounce) can solid white tuna
packed in water, drained
1 (14.5 ounce) can whole peeled
tomatoes, chopped
1 (4.25 ounce) can black olives,
drained and halved
1/2 teaspoon dried basil
1/4 teaspoon dried oregano
freshly ground black pepper to
taste
1 (28 ounce) can tomato puree
1 (16 ounce) package uncooked
angel hair pasta
1/2 cup grated Parmesan cheese
for topping

Directions

Heat olive oil in a skillet over medium heat. Stir in onion and garlic, and cook until tender. Mix in tuna and peeled tomatoes; cook until heated through. Mix in olives. Season with basil, oregano and pepper. Cook and stir 5 minutes. Stir in tomato puree. Cover, reduce heat to low and simmer 30 minutes, stirring occasionally.

Bring a large pot of lightly salted water to a boil. Place angel hair pasta in pot and cook 4 minutes, or until al dente. Serve topped with the sauce and sprinkled with Parmesan cheese.

Bow Tie Tuna Florentine

Ingredients

1 (8 ounce) package farfalle (bow tie) pasta
1 tablespoon margarine
1 1/4 cups milk
1 (1.2 ounce) package creamy pesto sauce mix
2 cups fresh spinach, rinsed and thinly sliced
1/2 cup sliced fresh mushrooms
3 (6 ounce) cans tuna, drained
3 roma (plum) tomatoes, chopped

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large saucepan, melt the margarine over medium-high heat. Add milk and pesto sauce mix; bring to a boil stirring constantly with a wire whisk until well blended and boiling. Reduce heat and add spinach and mushrooms. Simmer for 3 to 4 minutes, stirring occasionally.

Add cooked pasta, tuna and tomatoes, stirring gently to coat. Cook 3 to 5 minutes until thoroughly heated.

Tuna Melts

Ingredients

1 (1 pound) loaf French bread
1 small sweet onion, peeled and diced
1 (12 ounce) can tuna, drained
2 cups mozzarella cheese, shredded
1 cup mayonnaise

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a mixing bowl, combine sweet onion, drained tuna, mozzarella, and mayonnaise. Mix thoroughly.

Spread tuna mixture on slices of French bread to form a sandwich. Place sandwiches on a cookie sheet.

Bake in a preheated oven for 10 minutes.

Random Tuna Salad

Ingredients

1 (6 ounce) can solid white tuna
packed in water, drained
1 1/2 teaspoons mayonnaise
2 teaspoons brown mustard
2 tablespoons red wine vinegar, or
to taste
1 medium apple (Cameo,
Braeburn, Gala or Fuji) -- peeled,
cored and chopped
1 tablespoon golden raisins
1/4 teaspoon cracked rainbow
peppercorns
1/4 teaspoon Greek seasoning

Directions

Mash tuna together with mayonnaise, brown mustard, red wine vinegar, pepper and Greek seasoning. Fold in apple and raisins.

Fold in apple and raisins and serve on crackers, toasted whole grain bread, or wrapped in lettuce leaves.

Tuna Lasagna Casserole

Ingredients

12 lasagna noodles
1 tablespoon butter
3 tablespoons all-purpose flour
1/2 cup chicken broth
1 cup milk, divided
2 cloves garlic, minced
12 soda crackers
1 pinch Italian seasoning
3 (6 ounce) cans tuna, drained
1 1/2 cups frozen mixed vegetables
1 egg white
1/4 teaspoon salt
1/2 cup grated Cheddar cheese
1/8 teaspoon black pepper
1/2 cup grated Cheddar cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the lasagna, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, 8 to 9 minutes. Drain well in a colander set in the sink.

Melt the butter in a saucepan over medium-low heat. Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the chicken broth and 1/2 of the milk, into the flour mixture, and bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth, 10 to 15 minutes. Stir in the remaining milk and 1/2 of the minced garlic.

Place soda crackers in a resealable plastic bag. Finely crush the crackers, then add the Italian seasoning. Combine tuna, mixed vegetables, egg white, salt, 1/2 cup of Cheddar cheese, 1/4 cup of the cracker crumbs, 1/2 cup of the flour mixture, and the remaining minced garlic in a large bowl.

Spread a thin layer of the white sauce onto the prepared baking dish, followed by a layer of lasagna noodles. Spread about 1/3 of the tuna mixture over the noodles. Repeat the noodle and tuna layering three more times, topping with the remaining flour mixture. Sprinkle the pepper evenly on top of the casserole. Cover with aluminum foil.

Bake in the preheated oven for 35 minutes. Remove from the oven and top with 1/2 cup of Cheddar cheese and the remaining cracker crumbs. Change the oven setting to broil and return the casserole to the oven. Broil until lightly brown, 2 to 3 minutes.

Best Tuna Melt (New Jersey Diner Style)

Ingredients

2 (6 ounce) cans solid white tuna
in water, drained
1/4 cup mayonnaise
1/4 cup finely chopped celery
1 1/2 tablespoons finely chopped
onion
1 tablespoon chopped parsley
3/4 teaspoon red wine vinegar
1 pinch salt
1 pinch freshly ground black
pepper
4 slices seedless rye bread
8 slices ripe tomato
8 slices Swiss cheese
paprika, for garnish

Directions

Preheat the oven broiler.

In a bowl, mix the tuna, mayonnaise, celery, onion, parsley, and vinegar. Season with salt and pepper.

Place the rye bread slices on a baking sheet, and broil 1 minute in the preheated oven, until lightly toasted. Remove from heat, and spread with the tuna salad. Place 1 cheese slice over the tuna salad on each piece of bread, layer with a tomato slice, and top with remaining cheese slices.

Return layered bread to the preheated oven, and broil 3 to 5 minutes, until cheese is melted.