

Tuna casserole a tasty treat

6 medium potatoes, peeled and sliced
 1 can (about 7 oz.) flaked tuna (drained)
 1/4 cup chopped onion
 1/2 cup grated cheddar cheese (optional)
 1/2 tsp. salt
 Pepper
 1 (10 oz.) can cream of mushroom soup

1 cup milk
 3 to 4 tbsp. dry bread crumbs or rolled cracker crumbs
 2 tbsp. butter

1. Grease a 2 quart casserole or baking dish and preheat oven to 350°F.
 2. Place a layer of potato slices in bottom of dish, then a layer of flaked tuna, onion and cheese; sprinkle lightly with salt and pep-
 per. Repeat layers finishing with a layer of potatoes on top.
 3. Combine soup and milk and pour over layers.
 4. Sprinkle crumbs over top of casserole and dot with butter.
 5. Bake in moderate oven, 350°F until potatoes are tender, about 1 1/4 hours. Makes six servings.

Amy Smirnov
 Stouffville

My Mom's Favorite Recipe

Italian casserole is made of beef, spuds

Italian Beef & Potato Casserole
 1 1/2 lbs. ground beef (lean)
 1 (5 1/2 oz) pkg. scalloped potatoes
 1 (16 oz.) can tomatoes
 1 (10 1/2 oz.) can spaghetti sauce
 1/2 cup water
 1/2 tsp. salt
 1/2 tsp. oregano
 1/4 tsp. basil
 1/8 tsp. garlic powder
 1 cup cubed Mozzarella cheese
 1/4 cup parmesan cheese
 On high heat in slow-cooker.

brown beef. Drain off fat. Combine beef with dry sauce mix from scalloped potatoes, tomatoes, sauce, water, salt and spices. Stir in dry potatoes, cook covered on low heat for 4 to 5 hours. Turn control to high — add cubed cheese. Top with parmesan — cover and cook for 10 to 15 minutes longer.

Makes 4 to 6 servings.
 Kimberly Moore
 Markham

Artichoke Frattata

3 (6 oz.) jars marinated artichokes drained well and finely chopped.
 1/2 lb. sharp cheddar cheese, grated
 1 medium onion, finely chopped
 4 eggs, lightly beaten
 6 single soda crackers, finely crushed
 Dash of tabasco

Preheat oven to 325°
 Mix ingredients well & pour into an 8-in. baking dish (pan has been lightly greased).
 Bake for 1 hour. Cut into 1-in squares and serve hot. May also serve at room temperature.

Barbara Sampson
 Markham

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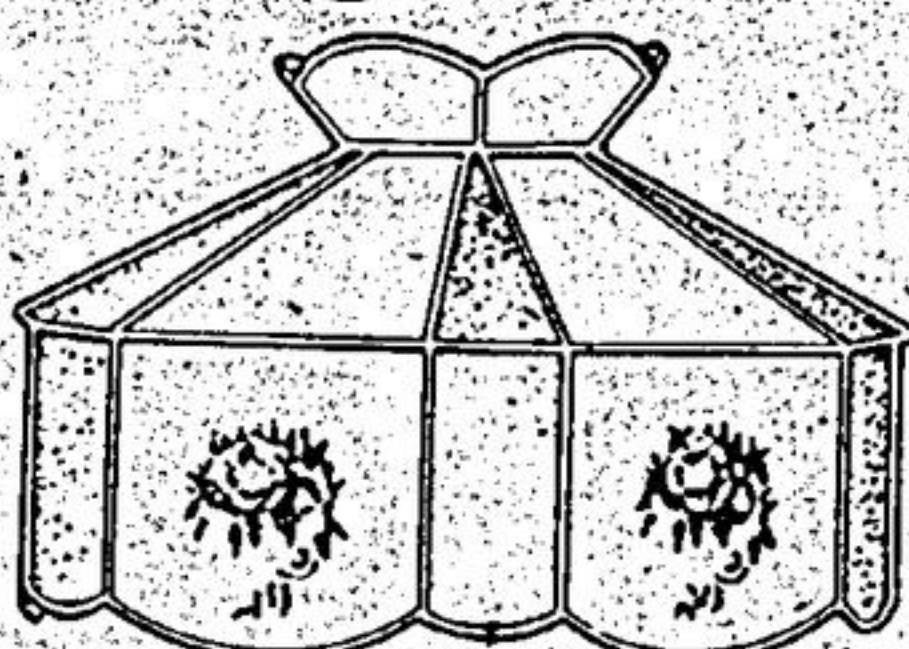
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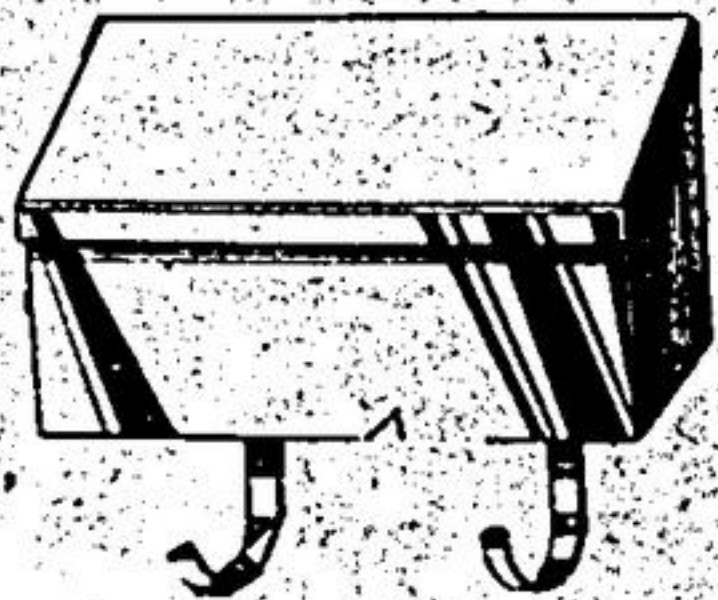
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