

DAWN Recipes:

Proper Food Will Help To Keep You Cool—Try These

TUNA CUCUMBER BOATS

2 cucumbers
1 medium tomato, chopped
1/4 cup chopped onion
1 can (61/2 or 7 ounces) tuna in

Cut cucumbers in half lengthwise; scoop out seeds with small spoon. Mix seeds with tomato, onion and tuna. Spoon tuna mixture into cucumber shells. Spoon 1 tablespoon of Pink Goddess Dressing* or Green Goddess Dressing* over each cucumber, boat.

Yield: 4 stuffed cucumber boats (2 servings); about 75 calories each "boat" without dressing.

PINK GODDESS DRESSING

1/2 cup cottage cheese
1/4 cup buttermilk
1/2 medium tomato, peeled,
seeded and chopped (about 1/4
cup)

1/4 teaspoon salt
1/4 teaspoon dried leaf tarragon

In container of electric blender combine cottage cheese and buttermilk. Cover and process on medium speed until smooth. Add rest of ingredients and process again until fairly smooth. Yield: About 1 cup; about 10 calories per tablespoon.

GREEN GODDESS DRESSING*

1/2 cup cottage cheese
1/4 cup buttermilk
1 clove garlic, crushed
1 tablespoon cider vinegar
2 tablespoons chopped parsley
1/4 teaspoon salt
1/8 teaspoon hot pepper sauce

In container of electric blender combine cottage cheese and buttermilk. Cover and process on medium speed until smooth. Add rest of ingredients and process again until fairly smooth.

Yield: About 1 cup; about 10 calories per tablespoon.

TUNA RATATOUILLE

1 onion, sliced 2 cloves garlic, crushed One good thing about summertime foods, they are mostly non-fattening. That is, if you don't overdo and gorge yourself on these delightful coolers. Note, there are even tuna burgers!

1 green pepper, cut in strips
3 zucchini, cut in 1/4 - inch slices
(about 31/2 cups)
1 small eggplant, pared and cut

in cubes (about 4 cups)

2 cans (1 pound each) tomatoes

1/4 cup chopped parsley

2 teaspoons dried leaf basil

11/2 teaspoons dried leaf Oregano

½ teaspoon pepper 2 cans (6½ or 7 ounces each) tuna in water

In large saucepan combine water, onion, and garlic; simmer 5 minutes. Add remaining ingredients except tuna; bring to a boil. Reduce heat and simmer uncovered 30 minutes. Add tuna and heat.

Yield: 4 servings (1½ cups each); about 230 calories per serving.

TUNA BURGERS ON EGGPLANT SLICES 1 can (6½ or 7 ounces) tuna in

Two-thirds cup shredded unpared zucchini

½ cup grated pared potato
One third cup chopped onion
¼ cup tomato juice
1 egg, beaten
¾ teaspoon salt
½ teaspoon dried leaf basil or ½
teaspoon dried leaf tarragon
¼ teaspoon pepper

4 eggplant slices, toasted*

In medium bowl, mix all of ingredients except eggplant slices. Divide mixture into 4 portions and shape into burgers over bowl. Mixture will be quite wet and liquid will drip back into bowl. Reserve with liquid for Tomato Sauce**. Place burgers on lightly greased baking sheet. Bake in 350 degree F. oven 20 to 25 minutes. Serve on toasted eggplant slices and top with sauce.**

Yield: 4 burgers; 2 servings.

About 230 calories per serving.

* To toast eggplant slices place in toaster oven set for dark toast; toast 5 minutes.

**TOMATO SAUCE

Reserved liquid from burgers (about one-third cup)
One-third cup tomato juice

In medium saucepan combine reserved liquid and tomato juice. Cook over medium heat until mixture thickens. Serve over tuna burgers.

BANANA SHAKE

One-third cup nonfat dry milk powder 1/2 cup ice water 1 ripe banana

1/4 teaspoon vanilla 4 ice cubes

Measure dry milk powder and ice water into container of electric blender. Cover and process at 10w speed until well mixed. Peel banana and cut into chunks; add to blender container with vanilla. Cover and process until smooth. Add ice cubes and process at high speed until melted. Yield: 1 serving; about 170 calories per serving.

TUNA MOCK CHOPPED LIVER

2 cups cooked green beans
1 tablespoon water
2 hard-cooked eggs
1 small onion, thinly sliced
1 can (6½ or 7 ounces) tuna in water
1 can (3 or 4 ounces) chopped

mushrooms, drained
% teaspoon salt
% teaspoon pepper

In container of electric blender combine green beans and water. Cover and process at medium to high speed until smooth. Add hard-cooked eggs, onion, and

tuna. Cover and process until fairly smooth. Turn into bowl. Stir in mushrooms, salt and pepper.

Yield: 2 cups; 265 calories per cup.

To serve: On luncheon plate place a lettuce leaf; top with 1 cup Tuna Mock Chopped Liver. Garnish with tomato wedges and cucumber slices.

APPLESAUCE COOKIES

(With calories and cholesterol reduced)

1 cum packed dark brown sugar

1 cup packed dark brown sugar
1/4 cup refrigerated imitation
eggs or egg substitute
1/4 cup orange juice

1 cup low-calorie applesauce

1/2 teaspoon vanilla
2 cups unsifted all-purpose flour
1/2 teaspoon baking soda

1/2 teaspoon nutmeg
1/4 cup raisins

In large bowl cream margarine and sugar; stir in imitation eggs, orange juice, applesauce and vanilla. Mix flour, baking soda and spices; blend into apple mixture along with raisins, stirring just until combined. Drop by rounded teaspoon onto greased baking sheet.

Bake in 350 degree F oven for 10 to 15 minutes or until lightly browned around edges. Remove from baking sheet and cool on wire rack. Store in covered container.

Yield: About 55 cookies; about 40 calories each.

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