Menu:
Creamed Tuna & Peas
Cooked Rice
Green Beans
Easy Peach Cobbler

Creamed Tuna & Peas

Directions:
- 1/4 cup butter or margarine
- 1/4 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2/3 cup non-fat instant dry milk
- 1 can (12 oz) tuna, drained
- 1 cup canned peas, drained

Reconstitute non-fat dry milk by mixing 2 cups water with 2/3 cup non-fat dry milk powder in a medium bowl. Melt butter, or margarine, over medium-low heat, blend in flour, salt, and pepper. Stir and cook for about 2 minutes, or until smooth and bubbly. Gradually stir in milk while stirring constantly. Continue cooking, stirring constantly, until mixture thickens and begins to bubble. Add drained tuna and peas. Continue heating and stirring until hot. Serve creamed tuna over cooked rice (see recipe), toast, or biscuits.

Makes 4 (1 cup) servings

Nutritional Information: Amount per serving: Calories 299; Total Fat: 12 g; 38% of total calories from fat; Protein: 29 g; Sodium: 485 mg; **Vitamin A 23%; **Vitamin C 8%; **Calcium 16%; **Iron 12%. **Percentage Daily Values

Cooked Rice*

Directions:
- Combine 1 1/3 cup rice with 2 2/3 cups water in a medium saucepan. Bring to boil, stir once or twice with a fork, lower heat. Cover tightly and simmer 20-30 minutes without removing cover or stirring rice, until liquid is absorbed and rice is tender. Fluff with fork and serve.

Makes 4 cups cooked rice

*2/3 cup non-fat instant dry milk
*1 can (12 oz) tuna, drained
*1 cup canned peas, drained

Did You Know?
- One serving (1 cup) of Creamed Tuna & Peas provides 3 ounces of tuna, which is 1 serving from the MEAT, POULTRY, FISH, DRY BEANS, EGGS AND NUTS GROUP of the Food Guide Pyramid.
- Tuna is a good source of Omega-3s. Omega-3s in the diet may help prevent blocked blood vessels and heart attacks.
This meal includes foods from ALL five groups on the Food Guide Pyramid!

**Green Beans**
*1 can green beans, drained
dash of pepper
½ cup water
Hot pepper sauce (optional)

In a medium saucepan, add green beans (drained), water, and pepper. Cook on medium heat until heated through. Drain. Toss with a couple drops of hot pepper sauce (optional).

Makes 4 (½ cup) servings
Nutritional Information: Amount per serving: Calories 22; Total Fat 0 g; % of total calories from fat 0%; Protein 1 g; Sodium 297 mg.

To add extra flavor without adding fat or extra salt, sprinkle ½ teaspoon of a dried herb mixture.

**Easy Peach Cobbler**

1/4 cup butter or margarine (1/2 stick)
1/2 cup self-rising flour**
*2 Tablespoons, 2 teaspoons non-fat dry milk
1/2 cup sugar
pinch of ground nutmeg, if desired
*1 (15 ounce) can peaches (drained)

Directions
Reconstitute non-fat dry milk by mixing 1/2 cup water with 2 Tablespoons and 2 teaspoons non-fat dry milk in a small bowl.

Preheat oven to 375 degrees F. Melt the butter in a (8"x 8") pan (place pan with butter in oven to melt butter - check every few minutes); remove pan when butter is melted. Mix the flour, sugar, milk and nutmeg (if desired) together in a bowl. Pour batter over melted butter, do not stir. Spread the peaches on top of the batter, do not stir. Bake about 30 minutes or until crust is golden brown and fruit is bubbly. Be careful not to overcook. Serve warm. Top with a small scoop of ice cream if desired.

** Substitute 1/2 cup all-purpose flour plus 1/2 teaspoon baking powder and 1/4 teaspoon salt for self-rising flour.

Makes 4 servings
Nutrition Information: Amount Per Serving: Calories 312; Total Fat 11 g; % of total calories from fat 33%; Protein 3 g; Sodium 356 mg.