

## SING A SONG OF SEAFOODS AT BREAKFAST TIME

How do you start the morning? If you or your family wake up grouching instead of singing, you're probably not taking time for a satisfying, nourishing breakfast. It's so easy to start the day with a bounce and have energy that lasts well into the morning--enjoy seafoods for breakfast or brunch.

Fishery products are power-packed with valuable protein and other nutrients and are quickly prepared and cooked. Canned varieties such as versatile, shelf-ready tuna make hearty fare for the first meal of the day. French Toasted Tuna Sandwiches, a new breakfast or brunch idea from the National Marine Fisheries Service, is sure to produce an eager, smiling family waiting in line as you take the savory sandwiches off the grid-dle. Extra time can be saved by preparing and refrigerating the tasty tuna mixture the night before. All you need to do in the morning is make the sandwiches, dip them in an egg mixture, and fry until hot and golden brown. Serve this novel, nourishing sandwich topped with tart-sweet applesauce for a new taste delight.

Looking for more bright breakfast ideas that save time and produce smiles as well as energy? Send for Top O' The Mornin' With Fish And Shellfish (I 49.39.15), Test Kitchen Series No. 15. This full-color booklet is filled with quick-to-fix, delightful-to-eat, seafood for breakfast ideas. It can be yours by sending 25¢ to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.



### FRENCH TOASTED TUNA SANDWICHES

1 can (9 $\frac{1}{4}$ ounce) tuna, drained	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup finely chopped celery	12 slices white bread
$\frac{1}{2}$ cup salad dressing or mayonnaise	$\frac{1}{2}$ cup milk
2 tablespoons chopped green pepper	2 eggs
2 tablespoons chopped pimiento	1 teaspoon sugar
1 teaspoon grated orange or lemon rind (optional)	Cooking oil or shortening
	Applesauce, heated

Flake tuna. Combine tuna, celery, salad dressing or mayonnaise, green pepper, pimiento, orange or lemon rind, if used, and  $\frac{1}{4}$  teaspoon salt; mix well. Spread 6 slices of bread with an equal amount of tuna mixture; cover with remaining 6 slices of bread. Combine milk, eggs, sugar, and remaining  $\frac{1}{4}$  teaspoon salt; beat well. Dip sandwiches into egg mixture. Fry in hot oil or shortening over moderate heat until brown on one side. Turn carefully; brown on second side. Serve with heated applesauce. Makes 6 servings.

(Source: National Marine Fisheries Service, National Oceanic & Atmospheric Administration, U. S. Department of Commerce, 100 East Ohio Street, Room 526, Chicago, Illinois 60611.)