

Tuna La Scala on Toasted English Muffins

Author: From the mother of an old friend of mine, Linda C.

Carolyn T's
Main Cookbook

Servings: 3



1/2 small red onion, diced
1 tablespoon olive oil
7 ounces tuna, drained
10 1/2 ounces cream of mushroom soup, condensed
1/2 cup 2% low-fat milk (or may need more, up to 1/4 cup)
1/4 cup Parmesan cheese, or Pecorino, grated
1/2 cup olives, sliced (or may use Kalamata)
2 tablespoons Italian parsley
1 1/2 tablespoons fresh lemon juice
1/4 teaspoon dried thyme
1/2 cup frozen peas
2 tablespoons Parmesan cheese, or Pecorino, for garnish
1 1/2 tablespoons Italian parsley, for garnish
English muffins or thick bread, toasted

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 361 Calories; 22g Fat (53.6% calories from fat); 24g Protein; 18g Carbohydrate; 3g Dietary Fiber; 37mg Cholesterol; 1263mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat.

Notes: The original recipe called for 3/4 cup of sliced black olives. I don't use that much, and prefer the Kalamata instead. I also like more lemon juice (noted in the recipe). The peas are also my addition. Back in the 1950's when my friend's mother would fix this, she used the dry canned Parmesan. I never - ever- use that stuff, so the recipe should be better for using the real stuff. If you prefer, use the canned. A serving was one English muffin, split in half (so, 2 halves). For very hearty appetites, this might serve just two.

Description: A canned tuna main dish served on English muffins or toasted thick bread. Very EASY.

1. Heat a medium skillet and add olive oil. Add onions and saute until onions are translucent.
2. In a small bowl mix the soup and milk until it's smooth. Add to the onions, turn down the heat and allow to heat through.
3. Drain the tuna and flake it apart with a fork. To the cream sauce add the tuna, cheese, olives, lemon juice, thyme, parsley and peas. Continue to heat through on a very low, gentle heat.
4. Meanwhile, toast whatever bread you're using and prepare the garnishes.
5. Place bread on plate and spoon the sauce over them. Garnish with Parmesan and parsley, then serve immediately.