

# Tuna Vegetable Souffle

(on Best Foods Label)

Serves 6 ~~generally~~

① combine

- 1 10oz frozen peas & carrots
- $\frac{1}{4}$  cu. chopped green pepper
- 1 T minced onion
- $\frac{1}{4}$  cu minced celery
- 2 cans drained Tuna (7oz)

② Prepare 4 serving portion instant mashed potatoes. omit butter.

fold in  $\frac{1}{2}$  cu Best Foods Mayonnaise  
beat in 4 egg yolks. Add to step 1

③ Beat egg whites till stiff. Add  $\frac{1}{2}$  t.  
salt and a dash or two of lemon juice.  
Fold into other ingredients. Pour into  
greased  $1\frac{1}{2}$  qt. casserole.

Bake  $350^{\circ}$  1 hour. or until  
clean knife in center.

(Garnish with cheese & tomatoes before baking)