

# Cooking Corner Tips To Help You

## For Great Meals, Go Fish

(NAPSA)—Canned tuna is an American staple and has not changed much over the years—until recently that is. As family lifestyles change and people have more to do and less time to do it, we're looking for time-saving tips and shortcuts to make meals easier. Tuna companies are using the latest technology to develop products that save time while providing convenient recipes that are a healthy and great-tasting way to enjoy seafood, a good source of protein and Omega-3.

One such innovation: Tuna Salad Kits. They contain everything needed to make great-tasting tuna salad. Seafood companies are also applying the newest packaging technology to other products, such as the latest product from Chicken of the Sea, skinless/boneless salmon in a foil pouch.

Chicken of the Sea, which is celebrating the 50th anniversary of its mermaid icon, has partnered with nationally renowned chef James Boyce, chef de cuisine of Mary Elaine's at the Phoenician in Scottsdale, Ariz.

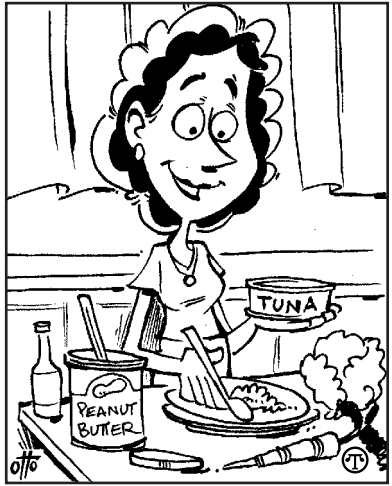
Recommended by travel and dining publications and nominated as a 2002 "Best Chef of the Southwest," he is also a fan of the health benefits of tuna. Boyce recently trimmed his waistline, which he credits to a diet high in low-fat seafoods such as tuna. As a guest chef and judge of the 50th Anniversary Recipe Contest, he will help create sumptuous, healthy and easy recipes the chef in every home can duplicate.

For recipe ideas, visit [www.chickenofthesea.com](http://www.chickenofthesea.com) where you can celebrate a history of quality seafood and win great prizes by submitting your best seafood recipe in the 50th Anniversary Recipe Contest.

Here's a recipe to inspire your creativity:

### Tuna Wraps with Peanut Sauce:

2 tbl creamy peanut butter



A new way to treat tuna can make for a terrific meal—and that's no fish story.

- ½ tsp minced garlic
- 2 tsp soy sauce
- 1 tsp Asian sesame oil
- 1 tsp lemon juice
- 4 leaves Boston lettuce
- 1½ cup bean sprouts
- 8 red or green bell pepper slices
- 6 oz. Chicken of the Sea Solid White Tuna in canola oil, drained
- 1 carrot, peeled and shredded
- Fresh cilantro

Whisk together peanut butter, garlic, soy sauce, sesame oil, lemon juice and 2 teaspoons of water until well blended. Lay lettuce leaves on a flat surface. Place ½ cup of the bean sprouts on top of each, leaving an almost 1-inch border. Lay 2 pepper strips side by side vertically in the center over the sprouts; then mound one-fourth of the tuna down the center over the peppers. Drizzle one-fourth of the sauce over each mound of tuna. Distribute the carrot over the tuna, then top each portion with a sprig of cilantro. Roll up leaves, beginning at one side and across to the other.