

Celebrating Mama's Cucina

(NAPSA)—Memories of food are rich and powerful—reminding people of connections with friends and family both past and present.

Capturing and preserving these memories through recipes is the goal of a new program by Progresso®, makers of high-quality ingredient products including canned tomatoes, beans, sauces and bread crumbs—a mainstay in Italian-American kitchens.

Progresso joins Washington, D.C.-based National Italian American Foundation (NIAF), to invite Italian-Americans to preserve their culinary heritage by sending recipes and personal reminiscences to NIAF's historical archives.

"As our mothers and grandmothers get older, it's important to write down those recipes," says Marie Simmons, cookbook author, teacher and columnist. A third-generation Italian-American, Simmons is concerned that Italian cooking traditions are gradually being lost.

Italian-Americans who want to preserve their family food history should send their recipes and anecdotes to:

**Italian American
Heritage Recipes**
c/o Erica Saviano, Ketchum
711 Third Ave, 16th floor
New York, N.Y. 10017

Or for more information visit www.progressofoods.com.

"A family favorite is my mother's Cannellini Beans and Tuna Salad," says Simmons. "When making a dish with few ingredients, it's important to select the best quality brands to carry the flavor. I tend to use brands my family bought because I know I can depend on them."



Preserving recipes and food traditions captures the essence of Italian-American life through the generations.

Cannellini Beans and Tuna Salad

PREP: 20 min

- ¼ cup chopped red onion**
- 2 tablespoons chopped Italian parsley**
- 1 medium stalk celery, finely chopped (½ cup)**
- 1 clove garlic, crushed**
- 1 can (19 ounces) Progresso® cannellini beans, drained**
- 1 can (6 ounces) Progresso® light tuna in olive oil, drained**
- ¼ cup Progresso® red wine vinegar**
- ¼ cup olive oil**
- Salt and pepper to taste**

Toss onion, parsley, celery, garlic, beans and tuna in large bowl. Stir together vinegar and oil; stir into bean mixture. Season with salt and pepper. Cover and refrigerate. 4 servings (about ¾ cup each).