

CRAB SANDWICHES

2 c. imitation crab
4 oz. Philadelphia cream cheese
1/4 c. shredded cheddar cheese
1 tsp. prepared horseradish
1/2 tsp. Tabasco sauce
1/4 tsp. garlic powder
1/4 to 1/2 c. mayonnaise to blend

Mix all ingredients together. Spoon on English halves and broil under broiler 8-10 minutes until browned and bubbly.

Barbara Wylie

OPEN-FACE TUNA MELT

2 (6-oz.) cans tuna, drained
3/4 c. chopped sweet red pepper
1/2 c. chopped fresh mushrooms
1/2 c. shredded cheddar cheese
1/4 c. sliced stuffed olives
4 1/2 tsp. mayonnaise
4 English muffins, split & toasted
8 thin slices tomato

Combine all ingredients. Spread on muffin halves. Top with slice of tomato. Broil 6 inches from heat for 7-10 minutes until lightly browned. Makes 4 servings.

Barbara Wylie

CITRUS ORANGE ROUGHY OR HALIBUT

1/2 c. bread crumbs
3/4 tsp. salt
1/2 c. orange juice
2 T. soy sauce
2 T. margarine, melted
1/2 tsp. lemon juice
4 orange roughy or halibut fillets

Combine bread crumbs and salt. Combine soy sauce, butter and lemon juice. Dip fillets in orange juice mixture, then coat with crumbs. Bake in dish at 450° for 15-20 minutes or until fish flakes easily with fork. Makes 4 servings.

Barbara Wylie

POACHED SALMON STEAKS

4 (8-oz.) salmon steaks, about 1 inch thick
Boiling water
2 T. fresh lemon juice
2 bay leaves

Spray skillet with nonstick spray. Arrange steaks in skillet in 1 layer. Pour enough boiling water over fish to come halfway up sides of steaks. Pour lemon juice over fish. Tuck bay leaves under fish. Bring to a simmer (over medium heat). Cover and cook 8-10 minutes or until fish is easily flaked with fork. Use wide spatula to remove fish from skillet. Drain on paper towels. Discard bay leaves. Serve hot or cold. Garnish with lemon wedges, dilled mayonnaise or Speedy Provencale, if desired.

Betty Wagner