

## Tuna with Rice and Cheese

2 cups Oregon Albacore Tuna  
2 cups cooked rice  
2 Tbsp chopped parsley  
2 Tbsp chopped onion  
½ cup buttered crumbs  
Cheese Sauce (see below)

Flake tuna into large pieces. Arrange albacore and rice in alternate layers in a casserole. Sprinkle the layers with parsley and onion. Pour cheese sauce over top. Top with buttered crumbs and a dash of paprika. Bake in a moderate oven for 25 minutes.

### Cheese Sauce

3 Tbsp margarine  
2 Tbsp flour  
1 tsp salt  
¼ tsp pepper  
2 cups grated cheese  
¼ tsp Worcestershire sauce  
2 cups milk

Melt margarine over low heat, add flour, salt and pepper. Stir until well blended. Remove from heat. Gradually stir in milk and return to heat. Cook, stirring constantly, until thick and smooth. Add grated cheese and Worcestershire sauce. Stir over low heat until cheese is melted. Make 2 cups.