DAWN RECIPES

If your nutrition - awareness finds you eating more pasta these days, you'll discover even more reason to try Port Clyde Pasta with Fish Steak Sauce. (This dish is especially timely if your vegetable plot is overflowing with ripening tomatoes!) The flavorful sauce is easy to prepare, and can be ready in a matter of minutes.

CAMPOBELLO FISH CHOWDER

(Makes 4 - 6 servings)

3 (3 - ¾ - ounce) cans Port Clyde or Holmes sardines or fish steaks in soybean oil
Two third cup chopped onion
2 tablespoons vegetable oil
½ cup boiling water
1 - ½ cups diced raw potatoes
¾ teaspoon salt
¼ teaspoon black pepper
1 bay leaf
2 cups milk
1 cup light cream
1 (12 - ounce) can whole kernel corn
Chopped parsley

Drain fish steaks; cut larger ones in smaller pieces. Set aside. Saute onion in oil Dutch oven 5 minutes, until tender not brown. Add water, potatoes, salt, pepper and bay leaf. Simmer, covered, until potatoes are tender, about 15 minutes. Remove bay leaf. Add milk, cream, corn and fish steaks; heat gently. Serve immediately, garnished with parsely.

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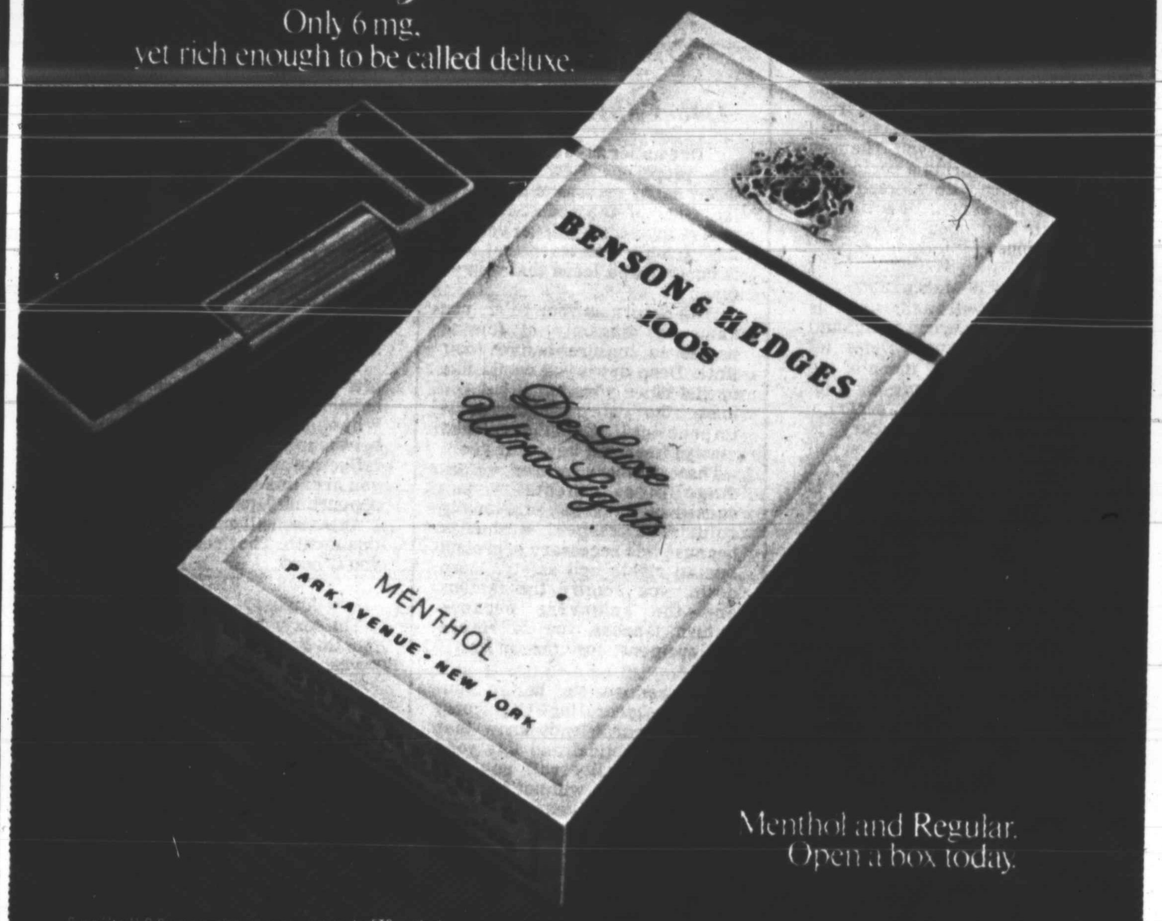

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