

Quick Tuna Casserole

February 2023 Recipe

Makes: 6 servings



Ingredients

- 1 cup water
- 5 ounces wide egg noodles
- 10.75-ounce can of cream of mushroom soup
- ½ cup skim milk
- 6.5-ounce can of tuna (packed in water, drained)
- 1 cup frozen green peas
- 1 cup bread crumbs (optional)

Nutritional information for 1 serving

Calories	279
Total fat	6 g
Saturated fat	2 g
Cholesterol	34 mg
Sodium	665 mg
Carbohydrate	41 g
Dietary fiber	3 g
Total sugars	6 g
Added sugars included	1 g
Protein	15 g

Directions

1. Preheat the oven to 350 F.
2. Bring one quart of water to a boil in a large pot and cook the egg noodles in the water for two minutes.
3. Cover the pot, remove it from heat and let it stand for 10 minutes.
4. In the meantime, mix the water, soup and milk in a bowl.
5. Combine the tuna and peas with the mixture and pour into a one-quart casserole dish.
6. Drain the noodles well and combine them with the tuna mixture.
7. Sprinkle the top with bread crumbs, if desired.
8. Bake for 30 minutes.