



Tuna Noodle Casserole (Large Font)

A healthy twist on the classic une noodle casserole. This dish is great for batch cooking as it is simple to make and reheats well.

U.S.		Metric
1 lb	Egg noodles, whole wheat	454 g
2 (10.5oz) cans	Campell's "Healthy Request" Cream of Mushroom Soup	2 (298 g) cans
1/4 cup	Milk, reduced fat	60 mL
2 (5 oz) cans	Tuna, packed in water, no salt added	2 (142 g) can
1 (16 oz) bag	Frozen Peas, thawed	455 g
To taste	Black Pepper, ground	To taste
2 oz	Parmesan Cheese, grated	57 g
As needed	Cooking Spray	As needed

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 375°F (190°C).
3. Fill a medium pot with water, place over medium-high heat, and bring to a boil. Add the pasta and cooking according to package directions (about 8-10 minutes). Drain and set aside.
4. While the pasta is cooking, place the mushroom soup, milk, tuna, peas, and pepper in a large bowl. Fold together.
5. Add the cooked pasta and fold together to incorporate.
6. Spray a 9"x13" baking pan lightly with oil. Add the noodle mixture and press down gently with a rubber spatula. Sprinkle parmesan cheese over the top and place the casserole in the oven.
7. Bake for 20 minutes or until cheese is melted and top begins to turn golden brown.

Nutrition Facts

6 Servings

Serving size **2 cups**

Amount per serving

Calories **380**

Calories from Fat 60

Total Fat 7 g

 Saturated Fat 2.5 g

 Trans Fat 0 g

 Monounsaturated 1 g

Cholesterol 85 mg

Sodium 460 mg

Total Carbohydrate 53 g

 Dietary Fiber 8 g

 Total Sugars 7 g

 Includes 0g Added Sugars

Protein 24 g

Vitamin D 1 %

Calcium 10 %

Iron 4 %

Potassium 350 mg

Phosphorus 127 mg
