

Eat Smart • Move More

Tuna Noodle Casserole

Prep Time: 15 minutes

Total Time: 45 minutes



Ingredients

Nonstick cooking spray
8 ounces whole grain pasta
10 ounces frozen broccoli, thawed and chopped
5 ounces tuna packed in water, drained
1 cup reduced fat sour cream
 $\frac{1}{4}$ cup light mayonnaise
1 teaspoon yellow mustard
 $\frac{1}{4}$ teaspoon ground black pepper
 $\frac{1}{4}$ cup reduced fat cheddar cheese, shredded

Directions

- Heat oven to 350°F. Spray a baking dish with nonstick cooking spray. Set aside.
- Cook pasta according to package directions. Drain and add to the baking dish.
- Spread broccoli and tuna evenly over pasta in the baking dish.
- In a separate bowl, whisk together the sour cream, mayonnaise, mustard, and pepper. Spread over the pasta mixture and top with cheese.
- Bake until top is golden brown, about 30 minutes.

Nutrition Facts

4 servings per container

Serving size 1 serving (233.76g)

Amount per serving **Calories** 350

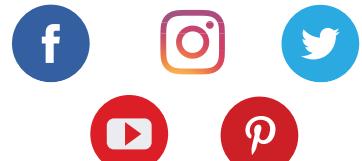
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 330mg	14%
Total Carbohydrate 48g	17%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes g of Added Sugars	
Protein 21g	
Vitamin D 1mcg	2%
Calcium 170mg	15%
Iron 5mg	25%
Potassium 328mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Quick Tips

- Try replacing the tuna with canned or shredded leftover chicken for a different flavor.
- Select a pasta variety, such as, rotini, penne, elbow macaroni, farfalle, or shells. Make meal time fun with a fun pasta!

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(Recipe adapted from: <http://www.cooks.com>.)

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