



Tuna Noodle Casserole

<u>U.S.</u>		<u>Metric</u>
3 quarts	Water	3 L
1 lb	Whole Wheat Egg Noodles	455 g
2 cans	Campbell's Healthy Request Cream of Mushroom Soup	2 cans
1/4 cup	Skim Milk	59 mL
2 (6oz) cans	Light Tuna Packed In Water (no salt added), drained	170 g
1 (16oz) bag	Frozen Peas	452 g
To Taste	Fresh Ground Pepper	To Taste
1/8 tsp	Nutmeg, Ground	0.4 g
2 oz	Parmesan Cheese (grated)	57 g
As needed	Spray Cooking Oil	As needed

Preparation:

1. Gather all the ingredients and equipment.
2. Preheat the oven to 375 °F / 190 °C.
3. Place the water in a medium stock pot over high heat.
4. When the water boils, add the pasta and cook for 4-6 minutes. Drain and set aside.
5. While the pasta is cooking, place the mushroom soup, milk, tuna, peas, pepper and nutmeg in a large bowl. Fold together gently.
6. Add the cooked pasta to the mushroom mixture and fold gently.
7. Spray a 13"x9" pan lightly with oil. Place the tuna/noodle mixture in the pan and press down gently with a rubber spatula. Sprinkle the cheese over the top and place the casserole in the oven.
8. Bake for 20 minutes.

**Nutrition Facts on Reverse

Nutrition Facts	
Serving size	2 Cups
Servings	6
Calories	500
Calories from Fat	70
Total Fat	8 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	115 mg
Sodium	600 mg
Carbohydrates	71 g
Dietary Fiber	11 g
Sugars	9 g
Protein	31 g
Vitamin A	2 %
Calcium	15 %
Vitamin C	0 %
Iron	6 %

Phosphorus 168 mg
