



## Tuna Noodle Casserole

This classic, one-dish dinner comes together quickly thanks to canned tuna and cream of mushroom soup.

<u>U.S.</u>		<u>Metric</u>
1 lb	Whole wheat egg noodles	455 g
2 (10.5 oz) cans	Campbell's Healthy Request Cream of Mushroom Soup	2 (296 g) cans
1/4 cup	Skim milk	59 mL
2 (5 oz) cans	Light Tuna, packed in water, no salt added, drained	2 (142 g) cans
1 (16 oz) bag	Frozen peas	455 g
To taste	Black pepper, fresh ground	To taste
1/8 tsp	Nutmeg, ground	0.4 g
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. Bring water in a medium sized pot to a boil. Add pasta and cook for 4-6 minutes. Drain and set aside.
4. While the pasta is cooking, place the mushroom soup, milk, tuna, peas, pepper, and nutmeg in a large bowl. Fold together gently.
5. Add the cooked pasta to the mushroom soup mixture and fold gently.
6. Spray a 9"x13" pan lightly with cooking spray. Place the tuna/noodle mixture in the pan and press down gently with a rubber spatula.
7. Top with shredded cheese and bake casserole until heated through and the top is golden brown, about 20 minutes.

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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8 Servings

**Serving size**      **1 1/2 cups**

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**Amount per**

**Calories**            **380**

Calories from Fat      60

**Total Fat**            7 g

    Saturated Fat      3 g

    Trans Fat            0 g

    Monounsaturated    1 g

**Cholesterol**        85 mg

**Sodium**              460 mg

**Total**                53 g

    Dietary Fiber      8 g

    Total Sugars        7 g

        Includes 0 g Added Sugars

**Protein**              24 g

Vitamin D              0 %

Calcium                10 %

Iron                     4 %

Potassium            351 mg

Phosphorus          127 mg

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