



## Tuna Noodle Casserole

Serves 8

An old favorite made healthier by reducing the fat and salt and adding more vegetables.

Whole grain pasta adds fiber and flavor, or make this with homemade noodles.

### Ingredients:

8 oz. whole grain rotini pasta (about 3 cups, dry)	12 oz. can of tuna (packed in water, drained)
1 cup sliced green peppers (1 lg.)	2 Tbsp. prepared mustard (Dijon style or yellow)
½ cup minced onion (½ medium onion)	2 teas. garlic powder
1 cup sliced carrots (12 baby or 2 lg.)	½ teas. salt (optional)
1 cup diced celery (2 lg. stalks)	¼ teas. black pepper
1 can green peas* (drained)	1 teas. dill
Cream of mushroom soup (10 oz. condensed, reduced sodium)	2 teas. salt-free herb seasoning
1 soup can of low-fat milk or water or half of each	1 cup dry bread crumbs + 1 Tbsp. butter (optional)
	2 cups reduced fat grated cheese (optional)
	½ teas. Paprika
	Pan spray

\*14.5 oz., reduced sodium or no added salt

**Directions:** Prepare pasta according to package directions; drain. Rinse raw vegetables; remove seeds and stem from pepper. Peel onions and carrots; rinse after peeling. Chop or thinly slice pepper, onion, carrots, and celery. Cook in a small amount of water about 10 minutes until tender; drain. In a large mixing bowl, add cooked pasta, peppers, onions, carrots, celery, peas, soup, water or milk, yogurt or sour cream, tuna, mustard, garlic, salt, pepper, dill, and herb seasoning. Mix well. Place mixture into a 9 X 13 in. baking dish that has been sprayed with pan spray. Bake in a 350° oven about 30 minutes, until the casserole is bubbling (Or, cover and microwave on high for about 10 minutes.) Remove casserole from oven. Mix bread crumbs with 1 Tbsp. butter; spread evenly on top. Sprinkle the grated cheese and paprika on top and bake another 15 minutes. (Or, microwave another 5-7 minutes until cheese melts.)

Bread crumbs: Cut 4 slices of whole wheat bread into cubes; dry out by placing in a 300° oven for 10 minutes or until dry and lightly browned. After cool, crush with a rolling pin or pulse in a food processor.

**Substitutions:** Canned chicken may replace the canned tuna but replace the cream of mushroom soup with cream of chicken soup. 1½ cups of any canned or cooked green vegetable may replace the green peas. One can drained = 1½ cups of vegetables. For a quicker preparation, eliminate the raw vegetables and add 1 can of carrots\* and 1 can of green beans\* (chopped and drained) If low sodium soup is not available, eliminate the salt in the recipe. To replace the pasta with homemade noodles, use the noodle recipe found in the Lac du Flambeau "Commods" Cookbook.

**Nutrition:** This recipe provides protein, whole grains, vegetables, and dairy. It has reduced amounts of sodium and fat. To reduce the sodium further, eliminate the salt. To reduce the fat further, eliminate the butter in the bread crumbs and use the Greek yogurt rather than the light sour cream.