

Healthy recipes

Easy Tuna Pasta Casserole

Yield: 4 servings

Calories: 361
Fat: 2 g
Sodium: 412 mg
Carbohydrates: 45 g
Fiber: 4.5 g
Protein: 25 g

Ingredients

Pasta (whole wheat or multigrain elbow)	2 cups (dry)
Tuna (in water, not oil)	2 6-oz cans
Cream of mushroom soup (98% fat-free)	1 10¾-oz can
Fresh mushrooms	1 cup (sliced)
Frozen peas	1 cup (thawed)
1% or skim milk	4 oz
Whole grain bread crumbs	½ cup

Directions

Preheat oven to 350°F. Cook pasta according to directions on the box and drain.

In a bowl, mix together tuna, cream of mushroom soup, vegetables and milk. Add the cooked pasta and mix.

Transfer to a baking dish and sprinkle with whole grain bread crumbs.

Bake for 45 minutes or until bubbly.