



A Nutrition Resource

TUNA CASSEROLE

Yield: 4 Servings | Serving Size: 1 cup
Cost/Serving: \$0.74

Ingredients:

Nonstick cooking spray
1 (6-ounce) can of tuna
2 cups cooked whole wheat noodles
1 cup frozen peas
1 cup whole wheat breadcrumbs

White Sauce

2 teaspoons butter
2 teaspoons flour
1/4 teaspoon salt
1/8 teaspoon pepper
1 1/4 cups low-fat or nonfat milk

Directions:

- 1) Preheat oven to 350°F. Spray an oven-proof casserole dish with nonstick cooking spray.
- 2) Drain tuna (allow to be chunky). Arrange in bottom of casserole dish.
- 3) Add peas and cooked noodles.
- 4) Make white sauce: Cook over medium heat, stirring constantly, until mixture is smooth and bubbly. Remove from heat. Gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute.
- 5) Pour white sauce over the top of the peas and noodles. Do not stir.
- 6) Bake for 20-25 minutes. Serve hot.

Recipe courtesy of University of Wyoming Extension.

Nutrition Facts

4 servings per container
Serving size 1 cup (241g)

Amount per serving

Calories 290

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 230mg 10%

Total Carbohydrate 42g 15%

Dietary Fiber 4g 14%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 22g

Vitamin D 0mcg 0%

Calcium 118mg 10%

Iron 3mg 15%

Potassium 319mg 6%

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

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