

Tuna Bake

Makes: 8 Servings

Bake a tuna casserole. This recipe uses American process cheese. American process cheese may also be used melted on toast for an easy snack, or served with cut-up fruit.

Ingredients

3/4 cup processed American cheese (crumbled or cut into pieces)

1 pound macaroni (cooked and drained)

1 can low-sodium cream of mushroom soup

1 can evaporated milk (about 12 ounces)

1 cup mixed vegetables, low-sodium (drained)

1 can tuna (drained, about 12 ounces)

Directions

1. Preheat oven to 350 degrees F.
2. Place all ingredients in a 9x13-inch baking dish or casserole dish and stir well.
3. Bake for 45 minutes to 1 hour until bubbling.

Notes

Tip: This dish can be made with canned chicken or ground beef instead of tuna.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	430	
Total Fat	12 g	
Protein	25 g	
Carbohydrates	56 g	
Dietary Fiber	4 g	
Saturated Fat	5 g	
Sodium	366 mg	