

# Quick Tuna Casserole

**Makes:** 6 servings

## Ingredients

- 4 cups** water
- 5 ounces** egg noodles (wide)
- 10 ounces** cream of mushroom soup (low-sodium)
- 1/3 cup** skim milk
- 1 can** tuna (6.5 ounces, packed in water, drained)
- 1 cup** green peas (frozen)
- 1 cup** bread crumbs (fresh)

## Directions

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Then, cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with bread crumbs.
8. Bake for 30 minutes.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>240</b>	
Total Fat	4.5 g	7%
Protein	15 g	
Carbohydrates	35 g	12%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	280 mg	12%