



Tuna Casserole

Info:

Makes 4 Servings 231 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1 Can Tuna
- ❖ 1 oz Egg Noodles
- ❖ 1 Can Cream of Mushroom Soup
- ❖ ½ Can Cream of Chicken Soup
- ❖ 1 Mini Can Peas (6oz)
- ❖ 1 Mini Can Green Beans (6oz)
- ❖ ¼ Cup Skim/Soy Milk
- ❖ 1 tsp Salt
- ❖ 1 tsp Pepper

Preparation:



1. Cook egg noodles until halfway done
2. Mix all ingredients and bake at 350° for 30 minutes
3. Stir and bake additional 15-20 minutes
4. Serve hot