

RECIPE OF THE MONTH: Creamy Tuna Noodle Casserole

INGREDIENTS:

- 5 cups uncooked egg noodles
- 1 cup frozen peas
- 1 can reduced-fat reduced-sodium condensed cream of mushroom soup, undiluted
- 1 cup fat-free sour cream
- 2/3 cup grated Parmesan cheese
- 1/3 cup 2% milk
- 1/4 teaspoon salt
- 2 cans light tuna in water, drained and flaked
- 1/4 cup onion, finely chopped
- 1/4 cup green pepper, finely chopped

Toppings:

- 1/2 cup soft bread crumbs
- 1 tablespoon butter, melted

INSTRUCTIONS:

Step 1: Preheat the oven to 350 degrees. Cook noodles according to package directions for al dente. Add the peas during the last minute of cooking. Then, drain it.

Step 2: In a large bowl, combine soup, sour cream, cheese, milk and salt. Stir in tuna, onion and pepper. Add noodles and peas and toss to combine.

Step 3: Transfer to an 11x7 inch baking dish coated with cooking spray. In a small bowl, toss bread crumbs with melted butter and sprinkle it over top. Bake, uncovered for 25-30 minutes.

Aurora Newmarket

Family Health Team