

## Tuna Noodle Casserole

### Ingredients:

Non stick spray  
 8 ounces whole grain elbow  
 macaroni  
 10 ounces broccoli, frozen,  
 chopped  
 5 ounces tuna in water, canned  
 1/4 cup cheddar cheese, low-fat,  
 shredded  
 1 cup fat-free sour cream  
 1/4 cup fat-free mayonnaise  
 1 teaspoon mustard  
 1/4 teaspoon black pepper

### Equipment:

Saucepan for macaroni  
 2 quart casserole dish  
 Can opener  
 Grater  
 Mixing bowl  
 Measuring cups  
 Measuring spoons

Number of Servings: 4  
 Prep Time: 15 minutes  
 Total Time: 45 minutes

### Directions

1. Preheat oven to 350°F. Spray a 2 quart casserole dish with non stick spray. Set aside.
2. Cook elbow pasta according to package directions. Drain and set aside.
3. While pasta is cooking, thaw broccoli. Place in casserole dish.
4. Open and drain tuna. Break up tuna with a fork and sprinkle on top of broccoli in casserole dish. Add macaroni to casserole dish.
5. Use a grater to grate cheese into small pieces. Set aside.
6. In a separate bowl, whisk together sour cream, mayonnaise, mustard, parsley, and pepper, pour over macaroni mixture.
7. Pour into a 2 quart casserole, top mixture with cheese.
8. Bake at 350°F until top is golden and bubbly, about 30 minutes.

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Nutrition Facts	
Serving Size: 1 1/2 cups	
Servings: 4	
Amount Per Serving	
Calories 321	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	3%
Cholesterol 19mg	6%
Sodium 433mg	18%
Total Carbohydrate 56g	19%
Dietary Fiber 7g	28%
Protein 25g	51%
Vitamin A 47%	Vitamin C 67%
Iron 18%	Calcium 18%
*Percent Daily Values are based on a 2,000 calorie diet.	

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