

TUNA CASSEROLE

Ingredients

Serves 9 people

3 cups pasta, cooked (1.5 cups uncooked)

**1 (5oz) can tuna, rinsed & drained
or 1 (5oz) can salmon, rinsed & drained**

1 (15 oz) can peas, rinsed and drained

1 (10 oz) can cream of chicken soup

½ cup cheese, shredded



Directions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Add cooked pasta, peas, cream of chicken soup, and tuna together in a large bowl. Stir to combine.
3. Transfer mixture to a 9x9 baking dish. Sprinkle with shredded cheese.
4. Bake uncovered in the preheated oven until bubbly, about 20-25 minutes.

Nutritional Value

184 Calories

11g Protein

5g Fat

393 mg Sodium

23g Carbohydrates

Marion County Public Health Department
NUTRITION SERVICES

