



Tuna Noodle Casserole

Ingredients

- 8 ounces whole grain pasta, such as egg noodles or rotini
- 10 ounces frozen broccoli, chopped and thawed
- 5 ounces tuna packed in water, drained
- ¼ cup reduced-fat cheddar cheese, grated
- 1 cup fat-free sour cream
- ¼ cup light mayonnaise
- 1 teaspoon mustard
- ¼ teaspoon ground black pepper

Directions

1. Heat oven to 350°F. Spray a casserole dish with nonstick cooking spray. Set aside.
2. Cook pasta according to package directions. Drain and set aside.
3. Place broccoli in the casserole dish. Drain tuna and sprinkle on top of broccoli. Add pasta to casserole dish.
4. In a separate bowl, whisk together sour cream, mayonnaise, mustard, and pepper. Pour over pasta mixture.
5. Top with cheese and bake for about 30 minutes or until top is golden and bubbly.

Nutrition Facts	
Serving Size 1 serving (256.02g)	
Servings Per Container 4	
Amount Per Serving	
Calories 390	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 410mg	17%
Total Carbohydrate 55g	18%
Dietary Fiber 8g	32%
Sugars 3g	
Protein 22g	
Vitamin A 20%	• Vitamin C 70%
Calcium 25%	• Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.	