

Creamy Tuna Casserole

Servings: 8

Ingredients

- 1 lb. Bowtie Pasta, dry
- 2 cans (10.75 oz.) reduced sodium, Cream of Mushroom Soup
- 3 stalks of Celery, cut into ¼-inch pieces
- 1 large Onion
- 8 oz. fresh Mushrooms, sliced
- 2 cans (6 oz.) Tuna, light, water pack
- 1 c. shredded Cheddar Cheese

Directions:

1. Preheat oven to 350 degrees
2. Make pasta according to package directions, drain
3. Sauté onions, celery and mushrooms over medium heat until tender
4. Combine remaining ingredients and vegetables with pasta
5. Spray a covered casserole dish, and fill with pasta mixture
6. Cover, and bake for 30-minutes

Nutrition: (Serving size: 1½ c.)

<i>Calories:</i> 326	<i>Protein:</i> 19	<i>total carbohydrate:</i> 51.6g	<i>total fat:</i> 4.8g
<i>sugars:</i> 5.2g	<i>saturated fat:</i> 1.7g	<i>sodium:</i> 167mg	<i>dietary fiber:</i> 3.9g