

6.4: Recipe Makeover: Made-Over Tuna Casserole

Ingredients

8 oz. whole wheat noodles
 1 tbsp. extra-virgin olive oil
 1 medium onion, finely chopped
 8 oz. mushrooms, sliced
 ½ tsp. salt
 ½ cup dry white wine
 6 tbsp. whole wheat flour
 3 cups skim milk
 ½ tsp. freshly ground pepper
 12 oz. canned chunk tuna in water, drained
 (roughly two cans)
 1 cup frozen peas, thawed
 1 cup finely grated low sodium Parmesan cheese,
 divided
 ½ cup coarse, dry, whole-wheat breadcrumbs



Preparation

1. Bring a large pot of water to a boil. Cook noodles until just tender. 6-8 minutes or according to package directions. Drain and rinse.
2. Position rack in upper third of oven and preheat broiler.
3. Meanwhile, heat oil in a large ovenproof skillet over medium-high heat. Add onion, mushrooms and salt and cook, stirring often, until the onion is softened but not browned, about 5 minutes. Add wine and cook until evaporated, 4-5 minutes. Sprinkle flour over vegetables; stir to coat. Add milk and pepper and bring to a simmer, stirring constantly. Stir in tuna, peas and ½ cup Parmesan until evenly incorporated. Then, stir in the noodles (the pan will be very full). Remove from the heat.
4. Sprinkle the casserole with breadcrumbs and the remaining ½ cup Parmesan. Broil until bubbly and lightly browned on top, 3-4 minutes. Makes six 1 1/3 cup servings.

Nutrition (per serving)

Calories	406
Fat	8g
Sat.Fat	3g
Carbohydrates	47g
Protein	32g
Fiber	5g
Sodium	300mg

Use this version over a standard tuna casserole recipe and you'll enjoy added fiber, lower sodium & less fat.