

RECIPE MAKEOVER

TUNA CASSEROLE

Classic Comfort Food

Warm and creamy, tuna casserole is the perfect comfort meal any day of the week. Enjoy this updated version with less sodium and fat and more fibre for a healthier family-friendly meal.

Tuna Casserole

Makes 6 services (1 1/3 cups each)

Ingredients

- 8 oz whole wheat noodles
- 1 tbsp extra-virgin olive oil
- 1 medium onion, finely chopped
- 8 oz mushrooms, sliced
- 1/2 tsp salt
- 1/2 cup dry white wine
- 6 tbsp whole wheat flour
- 3 cups skim milk
- 1/2 tsp freshly ground pepper
- 12 oz chunk tuna canned in water, drained
- 1 cup frozen peas, thawed
- 1 cup finely grated low-sodium parmesan cheese, divided
- 1/2 cup coarse whole wheat breadcrumbs

Directions

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 the oven rack at the top and preheat the broiler.
3. Heat the oil in a large, ovenproof skillet over medium-high heat. Add onion, mushrooms, and salt. Cook, stirring often, until the onion is softened, but not browned (about 5 minutes).
4. Add wine and cook until evaporated (4-5 minutes). Sprinkle flour over the vegetables and stir to coat. Add milk and pepper and bring to a simmer, stirring constantly.
5. Stir in the tuna, peas, and 1/2 cup parmesan until evenly incorporated. Add in the noodles and mix carefully – the pan will be very full! Remove from heat.
6. Sprinkle the casserole with breadcrumbs and the remaining 1/2 cup of parmesan. Broil until bubbly and lightly browned on top (3-4 minutes).

Serving Suggestion: Pair with your choice of salad to ensure a complete, balanced meal.

Nutritional Information Per Serving: Cal. 406 | Fat 8g | Carb. 47g | Protein 32g | Fibre 5g | Sodium 300mg

Source: www.eatingwell.com

