Recipe Idea: Tuna or Chicken Noodle Casserole

INGREDIENTS
- 1 - 10-12 oz pouch/can of chicken
  OR 2 - 5 oz cans tuna*
- 6 oz pasta of choice, dry
- 1 C peas, frozen* or canned
- 1 - 10.5 oz can, cream of mushroom soup, condensed
- 1 C milk
- 1/2 tsp garlic powder
- 1 Tbsp dehydrated onion flakes
- 1/4 tsp ground thyme
- 2 C crackers*, crushed or breadcrumbs
- 2 Tbsp butter

DIRECTIONS
1. Preheat oven to 375°F. Spray a 3-quart casserole dish with nonstick spray.
2. Thaw frozen peas or drain canned peas.
3. Cook noodles according to package instructions to al dente, then drain.
4. Mix together cooked noodles, protein of choice (drained), peas, soup, milk, garlic powder, onion flakes, and ground thyme in a large bowl.
5. Transfer mixture to prepared casserole dish.
6. Bake 30 minutes or until just bubbling.
7. Top with crushed crackers or breadcrumbs. Melt butter and drizzle over top. Bake another 5 minutes.

Serves 6

Allergens:
Tuna - fish, milk, wheat, soy
Chicken - milk, wheat, soy

Nutrition Facts based on *
* ingredients. Nutrition will vary based on ingredients used.

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