

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



Serves 6



Allergens:

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



Nutrition Facts based on

* ingredients. Nutrition will vary based on ingredients used.

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.

Nutrition Facts	
Serving size	1 Bowl
Amount Per Serving	
Calories	330
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 650mg	28%
Total Carbohydrate 45g	16%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 16g	32%
Not a significant source of vitamin D, calcium, iron, and potassium	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	