



Tuna Fish Casserole

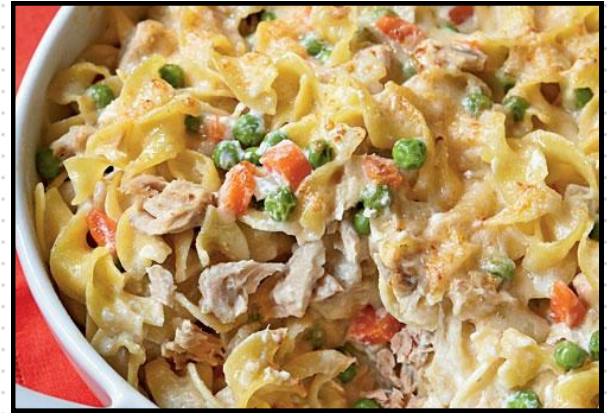


Ingredients

- 2 cups uncooked noodles
- 3 1/2 cups of veggies
- 1 cup milk
- 2 cloves garlic, minced
- 1 can (10 oz) can condensed cream mushroom soup
- 2 cans (4 1/2 oz) of low sodium chunk white tuna, drained and flaked
- Salt and pepper to taste
- 1/4 cup melted butter
- 3/4 cup bread crumbs

Directions

1. Cook noodles according to package direction; drain and set aside
2. Meanwhile, toss bread crumbs with butter; set aside
3. Mix together soup and milk
4. At this point, add veggies and cheese to soup and milk mixture in a 2-quart casserole dish
5. Mix all ingredients together then place in casserole dish, top with bread crumbs. Bake, uncovered, at 350 degrees from 25 to 30 minutes or until tuna mixture is bubbly and bread crumbs are golden



Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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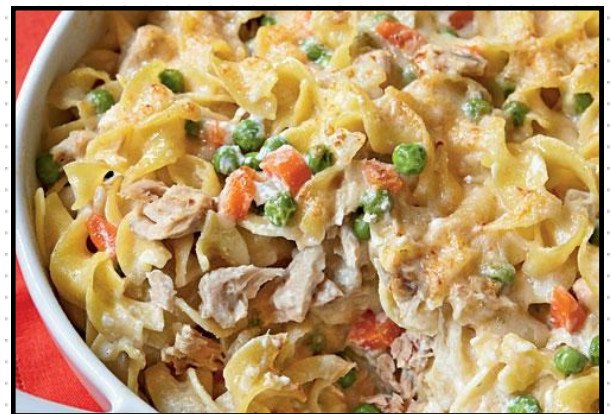


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Fast Facts



This Recipe Provides



Protein Iron



Cooking Tips



- You can make your own bread crumbs by using a blender to blend up slices of bread

Nutrition Facts



Nutrition Facts	
Serving Size (249g)	
Amount Per Serving	
Calories 403	Calories from Fat 179
	% Daily Value*
Total Fat 19.9g	31%
Saturated Fat 8.5g	43%
Trans Fat 0g	
Cholesterol 63mg	21%
Potassium 297mg	8%
Sodium 602mg	25%
Total Carbohydrate 34.4g	11%
Dietary Fiber 1.5g	6%
Sugars 4.3g	
Protein 21.3g	43%
Vitamin A 7%	Vitamin C 1%
Calcium 11%	Iron 12%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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