

Tuna Pasta Casserole

Makes: 6 Servings

Ingredients

12 ounces pasta shells, or other pasta (12 ounces)

1/2 cup chopped onion

1/2 cup chopped green pepper

1/2 tablespoon oil

1 can cream of mushroom soup, reduced sodium (10 ounces, or cream of celery, chicken or cheddar)

1 can diced tomatoes

2 cans tuna (6 ounces each)

shredded cheese (optional)

Directions

1. Cook pasta according to package directions and drain.
2. In a large skillet or pot, cook onion and pepper in oil.
3. Add cream soup, diced tomatoes and tuna to onion and pepper.
4. Mix with pasta. Put in baking dish.
5. Cook at 350°F or for 25 minutes until bubbly.
6. Top with cheese if desired and return to oven for 5 minutes to melt.

Source: ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Nutrition Information

Nutrients	Amount
Calories	375
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	19 mg
Sodium	540 mg
Total Carbohydrate	58 g
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars included	1 g
Protein	25 g
Vitamin D	120 IU
Calcium	51 mg
Iron	4 mg
Potassium	576 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1/2 cup
 Grains	2 1/2 cups