

## Quick Tuna Casserole

**Makes:** 6 servings

This creamy casserole can be easily prepped in advance. Enjoy it with roasted sweet potatoes or winter squash for a colorful meal.

### Ingredients

- 4 cups water
- 5 ounces egg noodles (wide)
- 1 can cream of mushroom soup (10.75 ounce)
- 1/3 cup skim milk
- 1 can tuna (6.5 ounces, packed in water, drained)
- 1 cup green peas (frozen)
- 1 cup bread crumbs (fresh)

### Directions

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Then, cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with bread crumbs.
8. Bake for 30 minutes.

### Notes

To lower sodium content, use reduced-sodium cream of mushroom soup.

Learn more about:

- [Peas](#)

### My Notes

# Nutrition Information

Nutrients	Amount	MyPlate Food Groups
Calories	279	 Vegetables 1/4 cup
Total Fat	6 g	 Grains 2 ounces
Saturated Fat	2 g	 Protein Foods 1 ounce
Cholesterol	34 mg	 Dairy 1/4 cup
Sodium	665 mg	
Total Carbohydrate	41 g	
Dietary Fiber	3 g	
Total Sugars	6 g	
Added Sugars included	1 g	
Protein	15 g	
Vitamin D	1 mcg	
Calcium	140 mg	
Iron	3 mg	
Potassium	265 mg	
N/A - data is not available		

[For more information on MyPlate Food Groups visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

