Quick Tuna Casserole
Yield: 6 servings

Ingredients
4 cups water
5 ounces egg noodles (wide)
10 ounces cream of mushroom soup (low-sodium)
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)

Instructions
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
You may use low-fat cream of mushroom soup for low-sodium soup. Low-fat soup is lower in sodium than regular soup.
Measuring hint: 2 slices of bread will yield roughly 1 cup of bread crumbs.

Nutrition Information
Serving Size: 1/6 of recipe
Calories: 240, Total Fat: 4.5 g, Cholesterol: 30 mg, Sodium: 280 mg, Total Carbohydrate: 35 g, Dietary Fiber: 3 g, Protein: 15 g