

Albacore Tuna Casserole

Ingredients

- 8 oz pasta, whole-grain preferred
- 2 cans (6 oz) tuna, packed in water, drained
- 1 can (10 oz) cream of mushroom soup, low-fat, low-sodium preferred
- 1/2 cup milk, 1% or skim preferred
- 1 cup frozen, canned, or fresh peas

Directions

1. Preheat oven to 375° F.
2. Prepare pasta according to package directions.
3. Lightly coat an 8x8" baking dish in cooking spray. Add tuna, soup, milk, and peas to the pan. Mix well.
4. Bake, uncovered, until the casserole begins to bubble, about 20 minutes.
5. Remove casserole from oven and let stand for 5 minutes.

Extension

UtahStateUniversity.



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

CREATE SNAP-ED
BETTER HEALTH.

Albacore Tuna Casserole

Ingredients

- 8 oz pasta, whole-grain preferred
- 2 cans (6 oz) tuna, packed in water, drained
- 1 can (10 oz) cream of mushroom soup, low-fat, low-sodium preferred
- 1/2 cup milk, 1% or skim preferred
- 1 cup frozen, canned, or fresh peas

Directions

1. Preheat oven to 375° F.
2. Prepare pasta according to package directions.
3. Lightly coat an 8x8" baking dish in cooking spray. Add tuna, soup, milk, and peas to the pan. Mix well.
4. Bake, uncovered, until the casserole begins to bubble, about 20 minutes.
5. Remove casserole from oven and let stand for 5 minutes.

Extension

UtahStateUniversity.



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

CREATE SNAP-ED
BETTER HEALTH.