

## Tuna-Noodle Casserole

6 Servings:

8 Preparation Time: 20 min

Cooking Time: 30 min Ingredients

12 oz uncooked egg noodles

12 oz water-packed tuna fish, drained

2 cup(s) button mushrooms, sliced

1 cup(s) frozen green peas, thawed

16 oz fat-free sour cream

1/2 cup(s) fat-free mayonnaise

2 tsp Dijon mustard

2 tsp parsley, fresh, chopped

1/2 tsp table salt, or more to taste

1/4 tsp black pepper, or more to taste

1/2 cup(s) shredded reduced-fat Monterey Jack cheese, or reduced-fat Swiss cheese

Instructions:

Preheat oven to 350°F. Cook noodles according to package directions without added fat or salt; drain and transfer to a large bowl. Fold in tuna, mushrooms and peas. Whisk sour cream, mayonnaise, mustard, parsley, salt and pepper together in a separate bowl; fold into noodle mixture. Transfer to a 4-quart casserole dish; top with cheese. Bake until top is golden and bubbly, about 30 minutes.

Yields about 1 cup per serving.

