

Mom's Tuna-Pasta Casserole

This casserole, brimming with veggies and whole grains, is so tasty and easy to put together that it's likely to become a weekly tradition.



INGREDIENTS

- Cooking spray
- 4 ounces dried whole-wheat rotini pasta (about 1 1/2 cups)
- 16 ounces frozen mixed vegetables, thawed
- 1 11-ounce pouch low-sodium chunk light tuna **OR**
1 12-ounce can very low sodium albacore tuna, packed in water, drained, and flaked
- 1 10.75-ounce can low-fat, low-sodium condensed cream of chicken soup (lowest sodium available)
- 1/2 cup chopped roasted red bell peppers, drained if bottled
- 1/2 cup fat-free half-and-half
- 1 teaspoon all-purpose salt-free seasoning blend
- 3/4 cup crushed whole-grain crackers (lowest sodium available)
- 1/4 cup shredded or grated Parmesan cheese



SERVINGS: 4

CALORIES

400 Per Serving

PROTEIN

32g Per Serving

FIBER

8g Per Serving



STEP 1: Prepare the pasta using the package directions, omitting the salt. Drain well in a colander. Transfer to a large bowl.



STEP 2: Meanwhile, preheat the oven to 350°F. Lightly spray a 2-quart glass baking dish with cooking spray.



STEP 3: Stir the tuna, mixed vegetables, soup, roasted peppers, half-and-half, and seasoning blend into the pasta until combined. Transfer to the baking dish. Top with the crackers and Parmesan.



STEP 4: Bake, uncovered, for 25 to 30 minutes, or until the casserole is warmed through and the topping is golden brown.

QUICK TIPS

Tip: You can substitute low-fat condensed cream of mushroom soup or low-fat condensed cream of celery soup for low-fat condensed cream of chicken soup. Be sure to compare the Nutrition Facts labels and choose the lowest sodium available.



Washington
Food Coalition

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



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