



RECIPE OF THE WEEK

TWISTED TUNA CASSEROLE

4 cups whole grain penne pasta, uncooked	1 small onion, chopped
2 (6 oz.) cans solid white tuna, drained well	2 cans 98% fat free cream of celery soup, undiluted
½ cup low fat mayonnaise	1 cup skim milk
1 (10 oz.) can sliced mushrooms, well drained	1 tablespoon Mrs. Dash seasoning
½ teaspoon garlic powder	½ teaspoon pepper
1 cup low fat sharp shredded cheddar cheese	

1. Preheat oven to 350 degrees.
2. Cook pasta according to package directions, al dente; drain and transfer to a large bowl.
3. Add in onion and tuna; toss to combine.
4. In a saucepan, heat soup with milk until smooth. Stir in mushrooms, mayonnaise, Mrs. Dash seasoning, garlic powder, salt and pepper until combined. Pour into the large bowl with the pasta/tuna mixture and toss to combine.
5. Spray a 9 X 13 pan with cooking spray. Transfer mixture into prepared baking dish.
6. Bake uncovered for approximately 30 minutes; Remove from oven and top with shredded cheddar cheese. Return to oven for about 2-4 minutes to melt the cheese.

NUTRITION FACTS:

Serves 8

Calories: 83	Dietary Fiber: 2
Total Fat: 2.9 grams	Protein: 11 grams
Sodium: 150 mg.	Total Carbohydrates: 3 grams

FOOD FOR THOUGHT: The Y – Where fat is burned and pride is earned.

- Anonymous