

Tuna Melt Macaroni Casserole

Serves 6

Ingredients:

- 2 cups macaroni, uncooked
- 3/4 cup shredded cheddar cheese
- 1/3 cup skim milk
- 1 (7-oz.) can of tuna, drained
- 1 cup frozen or canned peas



Directions:

1. Preheat oven to 350° F.
2. Prepare macaroni according to package directions. Reduce cooking time by about one-third since this will be baked. Drain.
3. Stir in peas, milk, tuna, and 1/2 cup of the cheese.
4. Pour into casserole dish.
5. Sprinkle with remaining 1/4 cup of cheese.
6. Bake for 20 to 25 minutes until casserole reaches an internal temperature of 165° F.

Source: North Dakota State University,

<https://www.ag.ndsu.edu/food/recipes/game-and-fish/tuna-melt-macaroni-casserole>

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup (102g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 4g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 140mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 230mg	20%
Iron 1mg	6%
Potassium 158mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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