

# Tuna Noodle Casserole

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1/2 (16 ounces) package medium egg noodles  
3 green onions  
1 clove garlic  
3 tablespoons margarine  
1/4 cup all-purpose flour  
2 cups 1% milk  
1 (12 ounces) can tuna, canned in water  
1 (10 ounces) package frozen green peas  
1/4 teaspoon black pepper  
Nonstick cooking spray  
3 tablespoons bread crumbs  
2 teaspoons dried parsley flakes

**Makes 8 portions, 1 cup each**

Per portion

Calories:	285
Carbohydrate:	34 grams
Protein:	19 grams
Fat:	8 grams
Saturated fat:	2 grams
Cholesterol:	47 milligrams
Sodium:	327 milligrams
Dietary fiber:	3 grams

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1. Preheat oven to 350°.
  2. Bring large pot of water to a boil. Cook noodles according to package directions. Do not add salt to the water.
  3. Chop green onions and mince garlic.
  4. Melt margarine in medium saucepan over medium heat. Add onions and garlic and cook until tender. Add flour and blend until smooth. Add milk and stir constantly until mixture is thick and bubbly.
  5. Remove from heat. Drain and flake tuna; add tuna, peas, and pepper to the milk mixture. Stir in noodles.
  6. Mix bread crumbs and parsley; sprinkle over top of casserole.
  7. Bake at 350° for 15 to 20 minutes, or until heated through.