

# Hearty Tuna Casserole

**SAMPLE**



Fish and  
Seafood

Card **43**

Group **4**



This is a great recipe to keep on hand for a quick meal. Zucchini and tomatoes add a fresh taste to the casserole.



Preparation time: 20 min.  
Baking time: 30 to 40 min.



Oven temperature:  
350°F



Microwave cooking:  
see other side

## For 4 to 6 servings you will need:

- 2 cans (6½ oz. each) chunk-style tuna
- 6 oz. (3 cups) uncooked egg noodles
- ½ cup chopped celery
- ½ cup sliced green onions
- ½ to ¾ cup dairy sour cream
- 2 tsp. mustard
- ½ cup mayonnaise
- ½ tsp. dried thyme leaves
- ¼ to ½ tsp. salt
- 1 small zucchini, scrubbed, sliced
- 1 cup shredded Monterey Jack cheese
- 1 medium tomato, chopped

## Preparation:

- 1** Drain and flake the tuna. Set aside.
- 2** Cook noodles according to package directions. Drain and rinse in hot water.
- 3** Combine noodles with the tuna, celery and green onions.
- 4** Blend in the sour cream, mustard, mayonnaise, thyme and salt.
- 5** Spoon half the mixture into a buttered 2-quart casserole. Top with half the zucchini. Repeat layers.
- 6** Top with the cheese.
- 7** Bake at 350°F for 30 minutes or until hot and bubbly.
- 8** Sprinkle with the chopped tomato.

## Tips:

You may substitute canned, drained and flaked salmon for the tuna. You may add some chopped fresh parsley, dill, basil or chives to the casserole.

# How to Microwave

## Hearty Tuna Casserole



Microwave setting ..... HIGH 100%  
Microwave cooking  
time ..... 8 to 10 min.

### For 4 to 6 servings you will need:

- 2 cans (6½ oz. *each*) chunk-style tuna
- 6 oz. (3 cups) uncooked egg noodles
- ½ cup chopped celery
- ⅓ cup sliced green onions
- ½ cup dairy sour cream
- 2 tsp. mustard
- ½ cup mayonnaise
- ½ tsp. dried thyme leaves
- ¼ to ½ tsp. salt
- 1 small zucchini, scrubbed, sliced
- 1 cup shredded Monterey Jack cheese
- 1 medium tomato, chopped

### Preparation:

- 1** Drain and flake the tuna. Set aside.
- 2** Cook noodles according to package directions. Drain and rinse in hot water.

**3** Combine noodles with tuna, celery and green onions. Blend in the sour cream, mustard, mayonnaise, thyme and salt.

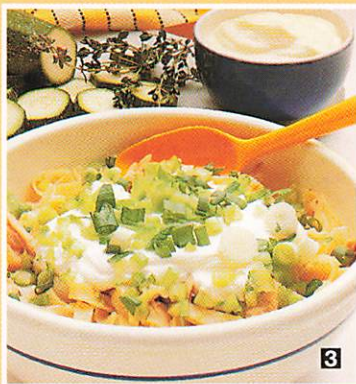
**4** Spoon half the mixture into a buttered 2-quart casserole. Top with half the zucchini. Repeat layers. Cover.

**5** Microwave at HIGH power for 6 to 8 minutes.

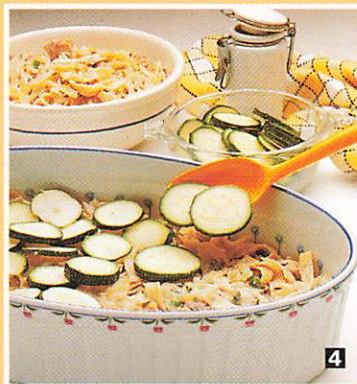
**6** Top with the cheese and tomato.

**7** Microwave at HIGH power for 2 minutes longer. Let stand for 3 minutes before serving.

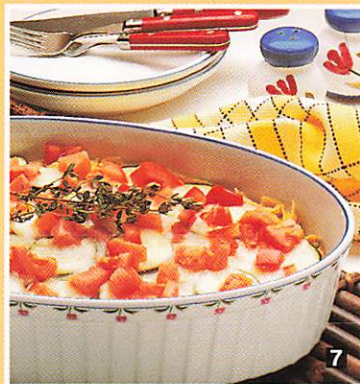
| PER SERVING   |        | PERCENTAGE OF USRDA |       |
|---------------|--------|---------------------|-------|
| Calories      | 419    | Protein             | 35.6% |
| Protein       | 23.1 g | Calcium             | 15.7% |
| Fat           | 25.4 g | Iron                | 16.3% |
| Carbohydrates | 24.2 g | Vitamin A           | 20.4% |
| Sodium        | 516 mg | Vitamin C           | 14.4% |



**3**



**4**



**7**