

Recipe Handouts

Recipe Worksheet

(Please fold in half to separate the 2 recipes)

Tuna Casserole

4 cans tuna (3oz) packed in oil
8 ounces of elbow macaroni
2 Tbsp. butter
1 cup of sour cream
1 cup of whole milk
3oz. of canned mushrooms
½ cup of bread crumbs
½ tsp. salt
½ tsp. pepper
1 tsp. onion salt
½ cup Parmesan cheese
2 Tbsp. melted butter

Preheat oven to 350°. Cook noodles in salted water and rinse after cooking. Put noodles in pot; add butter; mix in tuna, sour cream, milk, mushrooms, salt, pepper, onion salt. Grease a 2 qt. baking dish with butter and add tuna mixture, spreading it evenly in dish. Combine bread crumbs, parmesan cheese and melted butter and sprinkle over the top of the casserole. Bake for 30-40 minutes. Makes 6 servings.

Calories: 480
Calories from fat: 235
Total Fat: 138 grams
Saturated Fat 59 grams
Sodium: 1100 mg.
Fiber: 0 grams

Low Fat Tuna Casserole

4 cans tuna (3oz) packed in water
8 ounces of elbow macaroni
1 can cream of mushroom soup
1 cup of skim or 1% milk
½ cup diced onion
½ cup chopped celery
½ cup chopped carrots
½ tsp. pepper
1 tsp. onion paprika
½ cup low fat shredded cheese
½ cup of oatmeal flakes
2 Tbsp. margarine

Preheat oven to 350°. Cook noodles in unsalted water and rinse after cooking. Put noodles in pot; mix in tuna, cream of mushroom soup, skim milk, chopped onions, carrots and celery. Spray a 2 qt. baking dish with no fat cooking spray and add tuna mixture, spreading it evenly in dish. Combine oatmeal flakes, shredded cheese and melted margarine and sprinkle over the top of the casserole. Bake for 30-40 minutes. Makes 6 servings.

Calories: 175
Calories from fat: 55
Total Fat: 25 g.
Saturated Fat >1 grams
Sodium: 600 mg.
Fiber: 2 grams