

Skinny Tuna Noodle Casserole

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-tuna-noodle-recipe>

Ingredients:

- 6 ounces noodles no-yolk, Ronzoni Healthy Harvest, or brown rice pasta for gluten free
- 1 tablespoon butter
- 1 onion medium, minced fine
- 3 tablespoons flour gluten free use rice flour
- 1 3/4 cups fat-free chicken broth
- 1 cup milk
- 1 ounce sherry optional
- 10 ounces baby bella mushrooms sliced
- 1 cup petite peas frozen, thawed
- 10 ounces tuna in water, drained, I used albacore
- 4 ounces cheddar 50% reduced fat sharp, I used Cabot
- cooking spray
- 2 tablespoons Parmesan cheese
- 2 tablespoons whole wheat seasoned breadcrumbs

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 70 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 7 grams
8. Sodium: 540 milligrams
9. Sugar: 6 grams

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