

## Tuna Casserole

1 6-ounce can tuna packed in water, drained  
1 cup macaroni noodles  
½ cup onion, chopped  
14 ounce frozen peas, thawed  
½ cup cheddar cheese, 2% fat, shredded  
1-10 ½ ounce can 98% fat-free cream of mushroom soup  
1 cup skim milk

Preheat oven to 350°F. Combine first five ingredients in a casserole dish. Combine milk and soup in a bowl. Add to casserole and mix to moisten. Bake for 30 minutes. Makes 8 small servings.

Nutrition Information Per Serving: 172 Calories; 14 grams Protein; 3 grams Fat; 23 grams Carbohydrate; 433 mg Sodium