



## TUNA NOODLE CASSEROLE

Final Lifestyle

### INGREDIENTS

8 ounces wide egg noodles  
2 TBS olive oil  
½ cup chopped yellow onion  
⅓ cup chopped carrot  
2 TBS all-purpose flour  
2 ¾ cups fat-free milk  
½ cup (4 ounces) 1/3-less-fat cream cheese, softened  
2 TBS Dijon mustard  
¼ TSP salt  
½ TSP freshly ground black pepper  
1 cup frozen peas, thawed  
½ cup (2 ounces) grated Parmigiano-Reggiano cheese, divided  
2 (5-ounce) cans albacore tuna in water, drained and flaked  
Cooking spray

### INSTRUCTIONS

—Preheat broiler.

—Cook noodles according to package directions, omitting salt and fat. Drain. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add onion and carrot; cook 6 minutes or until carrot is almost tender, stirring occasionally. Sprinkle with flour; cook 1 minute, stirring constantly. Gradually stir in milk; cook 5 minutes, stirring constantly with a whisk until slightly thick. Stir in cream cheese, mustard, salt, and pepper; cook 2 minutes, stirring constantly.

—Remove pan from heat. Stir in noodles, peas, ¼ cup Parmigiano-Reggiano cheese, and tuna. Spoon mixture into a shallow broiler-safe 2-quart baking dish coated with cooking spray; top with remaining ¼ cup Parmigiano-Reggiano cheese. Broil 3 minutes or until golden and bubbly. Let stand 5 minutes before serving.

**SERVING INFO:** (Yields 6 servings)

1 1/3 cups = ½ P, 1 V, 1 M, 1 G, ½ FT

See photo of recipe at [Instagram](#) and [Facebook](#).