

tuna casserole

Serves: 8

Prep and Cook time: 45 min

Per serving: 469 calories, 28.5 g fat, 708 mg sodium

1 1/2 cups dry macaroni (for about 3 cups cooked)	2 (10.75 oz) can cream of mushroom soup, condensed	1 1/2 cups French fried onions (or breadcrumbs mixed with butter)
2 (6 oz) cans tuna, drained and flaked	1 cup shredded Cheddar cheese, or more to taste	1/2 cup milk, or more to taste

1. In a large pot, cook pasta as package directs but only until barely al dente. Drain and set aside. Preheat oven to 350° F.

2. In a 9x13-inch baking dish, combine the macaroni, tuna, and soup. Mix well, and then top with cheese.

3. Bake for about 25 minutes, or until bubbly. Sprinkle with fried onions, and bake for another 5 minutes. Serve hot.

