Tuna Casserole

Serves 8.

Ingredients

- 750 ml (3 cups) uncooked whole wheat noodles (any shape)
- 2 cans chunk light tuna
- 125 ml (½ cup) chopped celery
- 3 green onions, chopped
- 500 (2 cups) frozen green peas or frozen mixed vegetables
- 250 ml (1 cup) sour cream or plain yogurt
- 125 ml (½ cup) mayonnaise
- 10 ml (2 tsp) mustard
- 2.5 ml (½ tsp) salt
- 250 ml (1 cup) shredded cheese
- 1 medium tomato (optional)

Instructions

1. Cook the noodles (until firm, Al dente) according to package directions and drain
2. Drain and flake tuna
3. Combine noodles, with tuna, celery, green onion and peas (or mixed vegetables)
4. In a separate bowl, mix together sour cream (or yogurt), mayonnaise, mustard and salt. Add this mixture to the tuna and noodle mixture
5. Once combined, spoon into a 2 quart (9"x13") casserole dish and top with cheese.
6. Bake at 175°C (350°F) for 30 minutes or until hot and bubbly.
7. Sprinkle with chopped tomatoes about 5 minutes before completion.