

## Noodles with Tuna or Salmon

**You'll Need:** A medium sized pot, measuring spoons, measuring cups, a baking dish, a medium sauce pan

**Preparation Time:** 40 minutes

**Cook Time:** 30 minutes

Ingredients	Amount for 6 servings
Uncooked Pasta	2 ½ cups
Margarine (non hydrogenated)	1/3 cup
Flour	1/3 cup
Milk	4 cups
Parmesan cheese	1/3 cup
Broccoli or cooked green beans cut into pieces	2 cups
Tuna or salmon	3 cans
Onion, chopped	1 medium
Breadcrumbs	½ cup

### Method:

**Step 1:** Heat oven to 350 F. **Step 2:** Bring a large quantity of water to boil in a large saucepan. Cook pasta according to the package instructions (do not overcook, as the pasta continues to cook in the oven). Drain the pasta. **Step 3:** Drain canned tuna or salmon and flake with a fork. Set aside. **Step 4:** If you are using fresh broccoli, wash, chop in pieces and cook in boiling water just long enough so that they are still crunchy. If you are using frozen or canned vegetables, simply measure. **Step 5:** Chop onions. **Step 6:** In a saucepan, melt margarine over medium heat. Cook the onion until tender. Add flour, stir in and cook about 1 minute. Gradually add milk. **Step 7:** Cook sauce over medium heat

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stirring continually until sauce starts to boil and thicken. Remove from the heat and add Parmesan cheese. Stir until Parmesan cheese is melted. **Step 8:** Combine the noodles, broccoli, sauce and salmon. Add salt and pepper to taste. Put in a shallow oven-ready dish and sprinkle with breadcrumbs. **Step 9:** Bake in oven about 20 to 30 minutes, or until mixture of noodles is very hot.

### **Nutrients per Serving**

**Calories:** 475kcal

**Fat:** 20.0g

**Sodium:** 610mg

**Fiber:** 2.0g

**Carbohydrates:** 38g

**Protein:** 35.0g