

Dinner: Tuna Noodle Casserole

Submitted by: Erin M.

*I make this recipe low fat (light mayo, skim milk, Fat Free or Reduced Fat Cream of Celery Soup, low fat American cheese) but you can make it with full fat items as well. The only thing that DEFINITELY should be FULL FAT is the Potato Chips. I've found that low fat or baked chips don't work well.

8 oz of Egg Noodles

2 cans Tuna

½ cup Light Mayo

½ cup Milk (skim, whole, 2%- any are fine)

1 can Cream of Celery Soup

2/3 of a white onion

1 Tsp Salt

8-9 ounces of Low Fat American Cheese (FYI- 3 slices=2 oz)

Regular Potato Chips (Ruffles work well)

Preheat oven to 425 degrees.

Take noodles (cooked), tuna (drain tuna); put noodles in bowl, then break up tuna into small pieces and throw in bowl.

In blender, put mayo, milk, cream of celery soup, onion (cut up), salt; grind all in the blender together.

To this, throw in American Cheese cut into cubes (pile up sheets, cut them while blender is on, drop cubes in)

When it's all ground up, dump the whole thing over the noodles and tuna; mix very well.

Dump into a greased oven-proof casserole dish

Crush handfuls of potato chips on top.

Bake 20-30 minutes. Potato Chips will start to brown when it's done.