



Quick and Easy Tuna Noodles

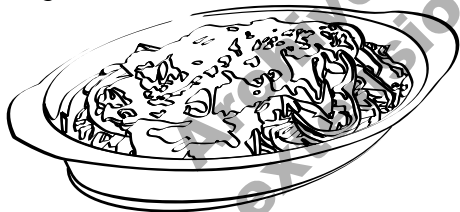
Servings: 4

Ingredients:

- 6 ounces whole-wheat noodles
- 10¾-ounce can 98 percent fat-free condensed cream of mushroom soup
- 1¼ cups water
- 6-ounce can water-packed tuna, drained
- ½ cup skim or low-fat milk
- 16-ounce can or package frozen mixed vegetables

Directions:

1. Wash hands and surfaces.
2. In a large fry pan, combine noodles, soup or soup mix, water and tuna.
3. Bring mixture to a boil, then reduce heat to low. Simmer 10 to 15 minutes or until the noodles are tender. You may need to add a little more water during cooking.
4. Add milk and vegetables. Heat thoroughly and serve while warm.
5. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 240

Calories from Fat 25

% Daily Value*

Total Fat 3g

5%

Saturated Fat 0.5g

3%

Trans Fat 0g

Cholesterol 20mg

7%

Sodium 460mg

19%

Total Carbohydrate 34g

11%

Dietary Fiber 4g

16%

Sugars 8g

Protein 17g

Vitamin A 40%

Vitamin C 10%

Calcium 8%

Iron 8%

Tips:

- Choose low-sodium cream of mushroom soup.
- Add leftover or fresh, local veggies. Go online to find a farmers market at: agebb.missouri.edu/fmktDir/index.htm or other Missouri local foods at: foodcircles.missouri.edu/sources.htm

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/