



TUNA MACARONI & CHEESE

Remember the Tuna Noodle Casserole that Mom used to make? This recipe is similar except it comes together in a matter of a few minutes. It's perfect for those busy nights when you don't have much time to spend in the kitchen. This recipe can be served as a main entrée or as a side dish for your next upcoming get together.

Yield: 5 servings

Serving Size: 1 portion

Ingredients:

- 2 boxes **macaroni and cheese**
- 2, 5 oz. cans of **tuna**, drained and flaked
- 1 cup **sharp cheddar cheese**, shredded
- 10 oz. **frozen peas**, defrosted

Instructions:

1. Prepare macaroni and cheese as directed on package.
2. Add tuna, peas, and shredded cheese to the already prepared and warm macaroni and cheese.
3. Over medium heat, stir to heat and melt the ingredients until they are combined. Serve while warm.

Per Serving: Calories 132, Carbohydrates, 25.2g, Protein 24.3g, Saturated Fat 1.8g, Sodium 668.4 mg, Fiber 3.5g, Sugars 4g

This recipe was adapted from www.hip2save.com.



