



CHEESY TUNA BAKE

- 1 12 ounce can **Crown Prince Natural Albacore Tuna**,
drained and flaked
- 4 cups cooked white rice
- 3 cups frozen broccoli florets
- 1 10.75 ounce can condensed cream of mushroom soup
- 1/2 cup water
- 1 cup shredded cheddar cheese



Preheat oven to 400°F. Spread rice in an 8-inch square baking dish. Arrange broccoli over rice. Mix soup and water; pour over broccoli. Sprinkle with half of the cheese. Top with tuna and sprinkle with remaining cheese. Bake 20 minutes or until heated through. *Serves 4.*

Per Serving: 474 Calories (99 Calories from Fat), 11g Fat, 37g Protein, 59g Carbohydrate, 63mg Cholesterol, 968mg Sodium