



## TUNA MUSHROOM CASSEROLE

- 1 12 ounce can **Crown Prince Natural Albacore Tuna**, drained and flaked
- 1/2 cup water
- 1 teaspoon chicken bouillon granules
- 1 10 ounce package frozen green beans
- 1 cup chopped onions
- 1 cup sliced fresh mushrooms
- 1/4 cup chopped celery
- 1 clove garlic, minced
- 1/2 teaspoon dried dill
- salt and black pepper to taste
- 4 teaspoons corn starch
- 1 1/2 cups 2% low fat milk
- 1/2 cup shredded Swiss cheese
- 2 1/2 cups macaroni, cooked and drained
- 1/3 cup dry bread crumbs
- 1 tablespoon unsalted butter



Preheat oven to 350°F. In a large saucepan, bring water and bouillon to a boil stirring to dissolve. Add beans, onion, mushrooms, celery, garlic, dill, salt and pepper. Bring to a boil. Reduce heat, cover and cook for 10 minutes, or until vegetables are tender. Dissolve corn starch in milk. Add to vegetable mixture, stirring constantly. Bring to a boil and cook for 2 minutes or until thickened. Remove from heat. Stir in cheese until it melts. Fold in macaroni and tuna. Pour into a greased 2 1/2 quart baking dish. In a small skillet, brown the bread crumbs in butter and sprinkle on top of casserole. Bake uncovered for 25-30 minutes, or until heated through. *Serves 4.*

*Per Serving: 422 Calories (94 Calories from Fat), 11g Fat, 35g Protein, 49g Carbohydrate, 61mg Cholesterol, 543mg Sodium*