

TUNA NOODLE CASSEROLE WITH SOUR CREAM SAUCE 8 servings

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| 3 cups uncooked egg noodles or other pasta | 2 cups shredded Cheddar cheese, divided |
| 1 (10.75-ounce) can condensed cream of mushroom soup | 1/4 teaspoon salt |
| 1/2 cup sour cream | 1/4 teaspoon ground black pepper |
| 1/3 to 1/2 cup milk (see Note) | 1 tablespoon lemon juice |
| 1/2 cup mayonnaise | TOPPING: |
| 2 (6-ounce) cans chunk light tuna, drained | 3/4 cup soft white or wheat bread crumbs plus 1 tablespoon butter, melted |
| 1 (15-ounce) can corn, drained, or 1 cup frozen peas | or 3/4 cup crushed potato chips or 3/4 cup french fried onions |

1. Preheat the oven to 350 degrees and grease a 9 x 13-inch baking dish.
2. Cook the noodles according to package directions.
3. Meanwhile, heat the soup, sour cream, milk, and mayonnaise in a medium saucepan over low heat. Stir to combine. Mix in the tuna, corn or peas, 1 cup of the cheese, salt, pepper, and lemon juice. Stir until heated through.
4. When the noodles are cooked, drain them and put them back in the pot. Add the tuna mixture. Mix, and pour into the prepared baking dish.
5. Bake 20 minutes. Sprinkle the remaining 1 cup cheese on the casserole and top with the topping of your choice. Bake 10 to 15 more minutes.

Serve with a green salad and **corn bread** (p. 241).

Note: Add more or less milk to make the sauce the desired consistency.

WEDNESDAY FISH & MEATLESS

If you think you don't like tuna noodle casserole, try this one. I bet you'll change your mind. It is one of my family's favorite comfort foods. Vary the ingredients a bit if you don't have the correct quantities and you don't want to run to the store again. Substitute more sour cream for the mayonnaise and vice versa. Try other pastas in place of the noodles. I often use large shells.

CONVERSATION STARTER:

We have meatless dishes on Wednesday nights, and sometimes other nights, too. I guess that makes us part-time vegetarians. Do you have friends who are vegetarian? What are the reasons they made this choice?