Tuna Casserole TO-GO

**Ingredients:**
- 1.5 cups macaroni (or other pasta)
- 1 can (6oz) tuna, drained
- 2 oz low fat cheddar
- 1 tbsp chopped red onion
- 2 tbsp chopped celery
- 2 tbsp chopped bell pepper
- 2 tbsp low fat mayo
- Salt and pepper to taste

**Directions:**
1. Cook macaroni as directed. Drain and rinse pasta with cold water.
2. Mix macaroni pasta with other remaining ingredients.
3. Refrigerate.

Source: www.food.com
Per: 1 serving of tuna casserole
(2 servings per recipe)

Energy.........................270 kcal
Fat........................................7g
Carbohydrates....................26g
Protein................................24g

CONTACT US

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