

## Tuna Noodle Casserole

(Healthier Version)

Serves 4-6

- 250 g rigatoni or penne, cooked according to package directions
- 52 g onion, diced
- 113 g bell peppers, diced
- 120 g fresh spinach, packed
- 350 g frozen peas
- 226-340 g chunk light tuna
- 240 ml chicken broth
- 143 g plain Greek yogurt
- 60 ml whole milk
- 21 g sharp cheddar cheese, shredded
- 1 pkg button mushrooms, sliced
- 2 T Dijon mustard
- 1 tsp ground black pepper
- ½ tsp garlic powder

1. Preheat oven to **190°C**.
2. Cook **pasta** according to package directions. Leave it *al dente* - just cooked/still a little chewy.
3. In a large pan, sauté **onion**, **bell peppers**, and **mushrooms** in a little **oil** or cooking spray over **high heat** for a few minutes, until onions are translucent.
4. Add **spinach** and **peas** and **reduce heat to medium**. Cover, stirring occasionally, until peas are no longer frozen and spinach is fully wilted.
5. In a large bowl, mix together cooked **pasta**, the sauteed **veggie mixture**, and **all other ingredients**.
6. Pour mixture into a large casserole dish.
7. **Bake 40 minutes**.

Panko and olive oil on top

