



45 min



Serves 4



# FRESH

# TUNA CASSEROLE TO-GO

## Ingredients:

1.5 cups macaroni (or other pasta)  
1 can (6oz) tuna, drained  
2oz 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. Refridgerate

Source: [www.food.com](http://www.food.com)

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## NUTRITION INFO

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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