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## STOVETOP TUNA NOODLE CASSEROLE

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One-dish meals can be a speedy fall back for busy families and a creamy tuna noodle "hot dish" is a perennial favorite. In this version, it's cooked up in a large skillet; no need to bake for an hour. If you're really in a hurry, just sprinkle each serving with some of the cheese and crushed potato chips.

Makes 4 Servings

Prep Time: 15 minutes

Cook Time: 20 minutes

8 ounces whole-wheat egg noodles or fettuccine (break into 2- to 3-inch pieces)

1 tablespoon olive oil

8 ounces fresh mushrooms, chopped

4 green onions, sliced (with green)

1/2 teaspoon garlic salt

1/2 cup dry white wine or vegetable broth

1/4 cup all-purpose flour

2 cups low-fat or nonfat milk

1/2 teaspoon freshly ground black pepper

1 (6-ounce) can chunk light tuna in water, drained (if desired)

1 cup (3 ounces) shredded Parmesan or Romano cheese

1/3 cup crushed baked potato chips or coarse dry whole-wheat breadcrumbs

1. Cook noodles according to package directions. Drain and rinse under cool water.
2. Add mushrooms, green onions and garlic salt; cook and stir for about 5 minutes until onion and mushrooms are tender.
3. Heat broiler to high. Stir wine into vegetables; cook for 4 to 5 minutes or until evaporated. Sprinkle flour over the vegetables; stir to coat. Slowly add milk and pepper; bring to a simmer, stirring constantly. Add drained noodles, tuna and 3/4 cup Parmesan cheese, stirring until well blended. Remove pan from heat.
4. Sprinkle remaining 1/2 cup Parmesan and potato chips on top of noodle mixture. Broil for 3 to 4 minutes or until bubbly and browned. Serve hot.

### On the side...

- **Veggie Plate...** Mix carrot strips, sugar snaps, cucumber slices, and radishes.

