



## Rockin' Tuna Noodle Casserole



1/4th of casserole: 167 calories, 5g total fat (1g sat fat), 882mg sodium, 14g carbs, 4g fiber, 2g sugars, 16.5g protein

Freestyle™ [SmartPoints®](#) value 3\*

[SmartPoints®](#) value 4\*

**Prep:** 10 minutes    **Cook:** 30 minutes



Tagged: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

### Ingredients

3 bags House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute  
1 wedge The Laughing Cow Light Creamy Swiss cheese  
6 oz. albacore tuna in water (two 3-oz. cans or about 1 large pouch), drained and flaked  
1/2 cup frozen peas  
One 10.75-oz. can 98% fat-free cream of mushroom condensed soup  
3 tbsp. reduced-fat Parmesan-style grated topping  
Optional seasonings: salt, black pepper, garlic powder, cayenne pepper

### Directions

Preheat oven to 375 degrees. Spray an 8-inch by 8-inch baking pan with nonstick spray.

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles. In a large microwave-safe bowl, microwave noodles for 1 minute. Pat dry.

Add cheese wedge to noodles, breaking it into pieces. Microwave for 30 seconds, or until cheese has melted, and mix well.

Stir in tuna, peas, soup, and 1 tbsp. Parm-style topping. Transfer mixture to the baking pan.

Sprinkle with remaining 2 tbsp. Parm-style topping. Bake until hot and bubbly, 20 to 25 minutes. Enjoy!

MAKES 4 SERVINGS

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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