



## 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

**Green Plan [SmartPoints](#)® value 4\***

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

**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.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.