



## 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

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



More: [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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.