

# Tuna Noodle Casserole

SERVINGS	8
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TIME	45 minutes
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## INGREDIENTS

- 1 pound box of pasta, small shape such as bow ties, shells, or penne
- 4 tablespoons butter
- ¼ cup flour
- 1 ½ cups milk
- 1 cup shredded cheddar cheese
- 3-4 cans of tuna (5 oz), drained according to package directions
- 3 cups of frozen peas, thawed

## EQUIPMENT

- 13x9 disposable pan + foil
- Large pot with lid
- Saucepan and whisk
- Cheese grater
- Strainer
- Spatula
- Liquid and dry measuring cups

## DIRECTIONS

- Wash your hands!
- Bring a large pot of water to boil (with lid on the pot). Season generously with salt. Add pasta and cook, stirring occasionally, until about 2 minutes before recommended cooking time. RESERVE 1 cup pasta cooking water. Then drain pasta and return to pot off the heat.
- Preheat oven to 350°F.
- Melt butter in a saucepan at medium heat. Add flour and whisk to make a paste. Cook for one minute. Add milk and whisk to combine. Cook for 2-3 minutes until the mixture thickens.
- Add tuna and peas to pot with the pasta. Stir with a spatula to combine.
- Add milk mixture and stir to combine.
- Grate cheese, add to the pot and stir to combine. Add a the pasta liquid to moisten the mixture. Stir to combine.
- Spray a 13x9 pan with cooking spray. Pour pasta mixture into the pan.
- Bake, uncovered, for about 20 minutes.
- Remove from oven and cool completely.
- Cover tightly with foil. Tape information sheet to the top.

## TIPS TO INVOLVE THE KIDS

- Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time.
- Have the kids help make the sauce.
- Let the kids do all of the stirring to combine.

