

Tuna Linguine Casserole

Satisfy hearty appetites with a tuna casserole with a few extras like broccoli and roasted red bell pepper.

- 8 oz uncooked linguine
- 1 cup Green Giant Select® frozen broccoli florets (from 14-oz bag)
- 1 package (1.8 oz) leek soup mix
- 1 1/2 cups milk
- Dash pepper
- 1 can (6 oz) albacore tuna, drained
- 2 tablespoons chopped drained roasted red bell peppers (from 7-oz jar)
- 1 tablespoon butter or margarine, melted
- 1/4 cup Progresso® plain bread crumbs

1. Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. Cook and drain linguine as directed on package, adding broccoli for last 2 minutes of cook time.
2. Meanwhile, in 1-quart saucepan, mix soup and milk. Heat to boiling over medium heat, stirring constantly. Stir in pepper.
3. Add linguine, broccoli, tuna and roasted peppers to soup mixture; stir gently to mix well. Spoon into baking dish. In small bowl, mix butter and bread crumbs; sprinkle over linguine mixture.
4. Bake uncovered 20 to 25 minutes or until top is golden brown

Per Serving: Calories 410 (Calories from Fat 60); Total Fat 7g (Saturated Fat 3 ½ g; Trans Fat 0 g); Cholesterol 25 mg; Sodium 1570 mg; Total Carbohydrate 65 g (Dietary Fiber 5 g; Sugars 11 g); Protein 23 g

% Daily Value: Vitamin A 20%; Vitamin C 25%; Calcium 15%; Iron 20%

Exchanges: 3 Starch; 1 Other Carbohydrate; 2 Very Lean Meat; 1 Fat

Carbohydrate Choices: 4

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