

Tuna Casserole for the MIND diet 4 servings

- 2 cans tuna – 5 oz. chunk light in water (I use Chicken of the Sea)
- 4 servings* whole grain noodles (2 cups dry)
- 1 cup frozen peas, cooked most of the way

“White” sauce:

- 2 TBSP olive oil -I use a lighter tasting oil
- 2 TBSP white whole wheat flour
- ½ cup chicken broth
- ½ cup 1% milk
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 tsp onion flakes
- 1 tsp garlic powder

Topping:

- 2 tsp olive oil
- 1 slice whole wheat bread

Preheat your oven to 350 degrees.

1. Cook the noodles as directed on the package, or maybe a bit shorter time.

*I use Kroger wide egg noodles made with 100% whole grain. The package says that 1 cup dry is a serving, but that much is 210 calories. So, I use ½ cup as a serving.

2. While the noodles are cooking, make the “white” sauce. Heat the 2 TBSP olive oil in a medium sauce pan. Add the 2 TBSP white whole wheat flour and cook for about a minute over medium heat.

I use [King Arthur white whole wheat flour](#), which is just as much a whole grain as regular whole wheat flour. It is just a bit lighter, although it doesn’t quite make a white white sauce.

3. Add the chicken broth and the milk and cook over medium heat about 5 minutes, until thickened. Be careful that it doesn’t boil over if you pan in small. Stir frequently. Add the Salt, Pepper, Onion flakes, and Garlic.

4. Open and drain the tuna. I have [the handiest gadget for doing that](#). Add the tuna and the peas to the white sauce. Strain the noodles and add the noodles, mixing well.

5. Pour this mixture into a prepared 8 inch square pan (prepared, of course, with olive oil spray).

6. Make the crunchy topping. Toast the slice of whole wheat bread and cool. Actually, it works well to do this a couple of hours ahead and then let it sit and dry for a couple of hours. I usually don’t think to do that. Put the 2 tsp. olive oil in a medium fry pan and crumble the toasted bread into it. Mix to coat it as much as possible and sauté over medium heat for a few minutes. You could probably skip this because it will brown on top of the casserole.



Sprinkle the topping over the prepared casserole. Cover it with foil. Now that you have almost every pan in your kitchen dirty, you can finally put the casserole in the oven.

7. Bake the casserole for about 20 minutes; remove the foil and bake another 10 or so.

Calories as calculated by Myfitnesspal.com= 321

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	321
	% Daily Value *
Total Fat	12 g 18 %
Saturated Fat	2 g 10 %
Monounsaturated Fat	7 g
Polyunsaturated Fat	1 g
Trans Fat	0 g
Cholesterol	63 mg 21 %
Sodium	353 mg 15 %
Potassium	639 mg 18 %
Total Carbohydrate	31 g 10 %
Dietary Fiber	5 g 18 %
Sugars	5 g
Protein	24 g 48 %
Vitamin A	20 %
Vitamin C	11 %
Calcium	7 %
Iron	17 %