

Salmon Casserole

Ingredients:

- 2 c. dry pasta
- ½ c. low-fat mayonnaise or salad dressing
- ½ c. milk
- 1 (10-oz.) can reduced-fat condensed cream of mushroom soup
- 1 c. shredded, processed cheese (American or Monterrey Jack)
- ½ tsp. seasoning (dry mustard, dill weed or curry powder)
- 1 (7-oz.) can salmon, tuna, shrimp or crab, drained and flaked

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Directions:

- Preheat oven to 350 F. Cook pasta according to package directions. Drain and set aside. Combine mayonnaise with milk. Stir in condensed cream soup. Add shredded cheese and seasoning. Gently stir in cooked pasta and canned fish. Pour into 1½-quart casserole baking dish. Cover and bake for 30 minutes. Uncover and sprinkle with a crunchy topping (crushed potato chips, cracker crumbs, French-fried onions). Bake five more minutes.

Makes 6 servings. Per serving: 330 calories, 14 grams (g) fat, 35 g carbohydrate and 550 mg sodium.

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SERVICE