

# Tuna Noodle Casserole

---

Adapted from *Cooking Light*

Provided by the Auburn Interfaith Food Closet

RECIPE TYPE: Main Dish

SERVES: 4 (2 cups each)

TOTAL TIME: 55 minutes

## INGREDIENTS:

- 6 oz. uncooked dried pasta
- 1/2 tablespoon vegetable oil
- 4 oz. mushrooms, chopped
- 1/2 cup chopped yellow onion
- 1/2 tablespoon minced garlic
- 1/2 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)
- 1 tablespoon butter
- 1 1/2 tablespoon all purpose flour
- 1 cup chicken broth
- 1 1/4 cups milk
- 1/2 tablespoon tomato paste (or ketchup)
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon zest + 3/4 tablespoon fresh lemon juice
- 2/3 teaspoon salt and 1/4 teaspoon ground black pepper, to taste
- 1 1/2 cans (4- or 5-oz.) tuna in water, drained
- 1 tablespoon fresh dill, chopped, (or 1 tsp. dried) + more for garnish
- 1/4 cup (1-oz.) shredded cheese

## DIRECTIONS:

- 1 Preheat oven to 375°F. Cook noodles per package direction, until very *al dente*, without salt or fat. Drain, and transfer to a large bowl.
- 2 Meanwhile, heat the oil in a large skillet over medium heat. Add the mushrooms, cook until softened, about 4 minutes. Add the onion and garlic; cook until they are tender, about 4 minutes. Add thyme, cook until fragrant, stirring constantly.
- 3 Add the butter, stir to melt. Whisk in the flour, cook until the roux is golden, about 1 minute. Whisking constantly, add the broth, bring to a boil. Reduce heat to simmer. Whisk in the milk, tomato paste, mustard, lemon zest and juice, salt and pepper. Simmer 2 to 3 minutes. Pour that mixture into the noodles, stir in the tuna and dill.
- 4 Pour into a greased 8" x 8" dish, top with the shredded cheese. Bake at 375°F until bubbly, and cheese is melted. Let stand 5 to 10 minutes. Garnish with dill.

