

## **Tuna Casserole**

### **Ingredients:**

- 1 can (10.5 oz) low-sodium cream of mushroom soup
- ½ cup low-fat milk
- 2 tablespoons pimentos (optional)
- 1 cup frozen peas and carrots mix
- 2 cans (5 oz each) tuna packed in water, drained
- 2 cups medium egg noodles, cooked
- ¾ teaspoon salt-free Creole seasoning
- 2 tablespoons plain breadcrumbs
- 1 tablespoon margarine, melted

### **Instructions:**

1. Heat oven to 400 degrees Fahrenheit.
2. In a 1 ½ quart casserole dish, stir together soup, milk, pimentos, peas and carrots, tuna, and noodles.
3. Season with salt-free Creole seasoning.
4. Bake for 20 minutes or until hot.
5. In a small bowl, stir together the breadcrumbs and melted margarine.
6. Take the casserole out of the oven, stir the mixture, and top with breadcrumb mixture.
7. Bake for another 5 minutes or until breadcrumbs are golden brown.

Source: Campbell Soup Company

Serves: 4

Prep Time: 15 minutes

Cook Time: 25 minutes

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>2 cups</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	
Vitamin D 1mcg	<b>6%</b>
Calcium 94mg	<b>8%</b>
Iron 3mg	<b>15%</b>
Potassium 275mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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# **Balsamic Vinaigrette**

## **Ingredients:**

- ¾ cup olive oil
- ¼ cup balsamic vinegar
- 1 tablespoon garlic, chopped
- 2 teaspoons dark brown sugar (optional)
- ½ teaspoon black pepper
- ½ teaspoon salt

## **Instructions:**

1. Place all ingredients in a screw-top jar and shake well to combine.
2. Taste and adjust the seasonings to your liking.

Source: LSU AgCenter Smart Portions Curriculum

Find the video for this recipe and more at [LSUAgCenter.com/BuildAHealthyMeal](http://LSUAgCenter.com/BuildAHealthyMeal). The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at [www.ChooseLouisianaHealth.com](http://www.ChooseLouisianaHealth.com)



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Serves: 16

Prep Time: 5 minutes

<b>Nutrition Facts</b>	
16 servings per container	
<b>Serving size</b>	<b>1 tbsp</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 6mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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