

Chow Mein Noodle Tuna Casserole

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*1 can (5 ounce) chow mein
noodles
1 can (6-1/2 ounce) solid
pack tuna
2 cups diced celery
1 cup chopped onion
1 can cream of mushroom
soup
1/4 cup water or milk
1/4 teaspoon pepper*

Preheat the oven to 350 degrees.

In a large bowl, mix all of the ingredients together.

Turn the mixture into a lightly greased casserole dish.

Bake, uncovered, for about one hour.

Per Serving (excluding unknown items): 467 Calories; 23g Fat (43.7% calories from fat); 10g Protein; 58g Carbohydrate; 9g Dietary Fiber; 2mg Cholesterol; 1443mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 Vegetable; 4 1/2 Fat.