

# Tuna and Rice Casserole

Lorraine Keenan

*The Pennsylvania State Grange Cookbook (1992)*

## **Servings: 4**

*3 ounces cream cheese  
1 can (10 ounce) cream of  
mushroom soup  
2 cups cooked rice  
1 can (7 ounce) tuna,  
drained  
1 can (4 ounce) chopped  
mushrooms, drained  
1/4 cup green onions,  
chopped  
1 tablespoon parsley,  
chopped  
1/8 teaspoon pepper  
1/4 cup Parmesan cheese,  
grated  
paprika (to taste)*

In a two-quart glass dish, microwave the cream cheese for 20 to 25 seconds or until softened.

Blend in the soup. Stir in the rice, tuna, mushrooms, green onions, parsley and pepper.

Microwave on HIGH for 5 minutes. Stir to mix. Sprinkle with the cheese and paprika.

Microwave for 4 to 6 minutes or until heated through.

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Per Serving (excluding unknown items): 317 Calories; 14g Fat (39.1% calories from fat); 17g Protein; 30g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 435mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 2 Fat.