

# Tuna Oriental

Louise Furtek

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1/2 cup green peppers,  
chopped  
1 large onion, chopped  
1/2 cup celery, chopped  
1 package chow mein  
noodles (reserve some for  
topping)  
1 can tuna (or chicken),  
drained  
1 can (14-3/4 ounce) cream  
of mushroom soup  
1 can evaporated milk  
salt (to taste)  
pepper (to taste)  
1/2 cup cashews*

In a bowl, mix all of the ingredients together. Stir well.

Pour the mixture into a greased two-quart baking dish. Sprinkle the reserved noodles over the top.

Bake in a 350 degree oven until bubbly, about 30 minutes.

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Per Serving (excluding unknown items): 1151 Calories; 74g Fat (55.7% calories from fat); 36g Protein; 95g Carbohydrate; 10g Dietary Fiber; 77mg Cholesterol; 1564mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 3 Vegetable; 2 Non-Fat Milk; 13 1/2 Fat.