

---

# Tuna-Cashew Casserole

*Beverly Radow - Florida*

*North American Potpourri - Autism Directory Service, Inc - 1993*

Servings: 5

**1 jar (3 ounce) chow mein noodles**  
**1 can cream of mushroom soup, undiluted**  
**1/4 cup water**  
**1 can (or 1 cup) chunk-style tuna**  
**1/4 pound cashew nuts**  
**1 cup celery, finely diced**  
**1/4 cup minced onions**  
**dash pepper**  
**dash salt**

Preheat the oven to 325 degrees. Set aside 1/2 cup of chow mein noodles.

In a 1-1/2 quart casserole dish, combine the remaining chow mein noodles with the soup, water, tuna, nuts, celery, onions and pepper. Taste the mixture. If the nuts were unsalted, add salt to taste.

Sprinkle the reserved noodles over the top.

Bake for 40 minutes.

## **Seafood**

---

*Per Serving (excluding unknown items): 80 Calories; 5g Fat (50.7% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 267mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 Fat.*