

Tuna Casserole

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Prep/Cook time: 30-35 minutes

Makes: 3 serving

Recipe:

240g Kaslo Sourdough Spelt Clear Pasta

1/2 medium onion diced

2 garlic cloves, minced

1 celery stalk, diced

1 tbsp coconut oil

1 cup milk

1 cup vegetable/chicken broth

1 can flaked tuna, drained

1/2 cup peas

2 tbsp flour

2 tbsp butter

1/2 tsp cracked pepper

1/4 cup curly parsley, chopped

Topping:

1/4 cup parmesan cheese

3/4 cup Mozzarella cheese

4 tbsp bread crumbs

2 tbsp butter

salt to taste

Method:

1. In a pot boil water and add pasta, cook for 4 minutes, drain and place pasta into an 8x8 pan.
2. Grease a pan with coconut oil, add celery, garlic and onion. Cook until translucent (4-5 minutes on medium heat).
3. In a sauce pot, melt 2 tbsp butter, add flour and stir. Slowly pour milk into the pot and whisk until combined then add the broth.
4. Add flaked tuna, parsley, and peas to the milk mixture, stir. pour over the pasta. Mix until distributed evenly.
5. For the topping, melt butter on low, stir in bread crumbs and cheese. Distribute over the pasta.
6. Place in the oven at 375F for 20 minutes.

Serve and Enjoy!

