



# Be Heart Smart \*

## 'Move More' Tip of the Day

Set a reminder to stand or move around every hour.

## Tuna Noodle Casserole

6 SERVINGS

45 MINUTES COOK TIME

45 MINUTES TOTAL TIME

### Ingredients

- 1 (16 oz) package whole wheat pasta
- 1 (10 oz) can cream of mushroom soup, reduced sodium
- 2 (5 oz) canned tuna
- 2 C canned vegetables, of choice
- 1/2 C whole wheat bread crumbs
- Mozzarella cheese, or parmesan, optional

### Instructions

Preheat oven to 350°. Cook pasta according to package directions, drain and set aside. In a separate bowl, combine mushroom soup with pasta, tuna, and vegetables. Use cooking spray to grease the baking dish and pour in mixture. Sprinkle the top with bread crumbs and cheese (if using). Bake for 30 minutes. Let cool and serve.

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**Nutrition Tip:** Choosing tuna as your source of protein is a great way to add omega-3 fatty acids to your diet.

### Find more delicious recipes!

- Celebrate Your Plate - <https://celebrateyourplate.org>
- American Heart Association - <https://www.heart.org>
- Common Threads - <https://www.commonthreads.org>



\* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



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