

# Classic Tuna Fusilli Casserole

## Ingredients:

- Cooking spray
- 6 oz. fusilli pasta
- 12 oz. canned chunk light tuna, drained
- 1 cup frozen peas
- 1/2 cup chopped onions
- 8 oz. package sliced mushrooms
- 1/3 cup chicken stock
- 6 tablespoons all-purpose flour
- 4 cups milk
- 3/4 cup grated Parmesan cheese
- 1 cup panko or other bread crumbs
- 1/4 cup Parmesan cheese
- 1 teaspoon dried dill, optional.
- Salt and pepper to taste.

## Steps:

1. Spray an 8 X 8 -inch dish with cooking spray. In a large pot of boiling water, cook fusilli pasta until just tender, according to package directions.
2. Drain and place in a large bowl. Stir in flaked tuna and peas.
3. Spray a large skillet with cooking spray and heat over medium-high heat. Add onions and mushrooms and cook, stirring often, until the softened but not browned, about 5 min.
4. Add stock and cook until evaporated, 4 to 5 min.
5. Sprinkle flour over the vegetables; stir to coat. Cook over low heat for 2 min.
6. Gradually add milk, stirring constantly, and bring to a simmer. Cook until slightly thickened. Remove from heat.
7. Stir in grated Parmesan. Season with salt and pepper to taste. Pour sauce over pasta and mix well.
8. Place in ovenproof dish.
9. Combine panko and 1/4 cup Parmesan and sprinkle over casserole.
10. Spray foil with cooking spray and wrap casserole for freezing.

## Notes and Tips:

- *Note: This recipe is from Giant Food's Savory Magazine. I made some adjustments to fit the aluminum casserole standard sizes. Be sure to use the 8X8 inch pan that is 3 inches deep rather than cake pan size. The cake pan size will work but you will have some overflow. Or you can use the 9X 13 size and multiply everything by 1 1/2.*
- *You may use any short pasta...ziti, penne, or even macaroni.*
- *If you buy the pre-sliced mushrooms, you will want to cut them to smaller, bite sizes.*
- *As a short cut, you can use 2 cans of mushroom soup and omit the flour and fresh mushrooms. You may want to use less whole milk and less salt if you do. .*



## **Classic Tuna Fusilli Casserole**

**Steps:** Defrost in refrigerator overnight. When ready to cook, pre-heat oven to 400 degrees. Cook for 20 minutes until cheese is bubbly. Let stand for 10 minutes before eating.

**Ingredients:** pasta, canned tuna, milk, parmesan cheese, peas, onions, mushrooms, chicken stock, flour, bread crumbs.