

Tuna, Mac and Cheese Casserole

Recipe courtesy of *Diane's Daily Dish*

(Note: You can use any reduced fat cheeses that you like in place of Edam or Havarti ... cheddar is a must!)

Ingredients:

- ½ cup low-fat milk
- 1 cup evaporated skim milk
- ¼ cup flour
- ¼ cup shredded Edam cheese
- ¼ cup shredded Havarti light cheese
- 1 cup shredded reduced-fat sharp Cheddar cheese
- ½ cup grated fresh Parmesan cheese
- ¼ tsp salt
- Pinch of freshly ground black pepper
- 5 cups cooked whole-wheat elbow macaroni (about 2 ½ cups uncooked)
- 2 cups canned tuna, drained and roughly crumbled
- ¾ cup whole-wheat bread crumbs (about 2 slices crumbled whole-wheat toast)
- ¼ cup grated fresh Parmesan cheese

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Directions:

Preheat oven to 375 degrees.

Coat a 2 quart casserole dish with olive oil spray.

Pour milk in a medium sauce pan. Heat slowly over medium heat until just under a boil -- DO NOT BOIL

Reduce heat to low and whisk in flour 1 tablespoon at a time until thick and smooth - whisking continuously. (Add more flour as needed for desired consistency.)

Stir in cheese, salt and pepper and continue to stir until the cheese melts.

Remove from heat and stir in macaroni and tuna.

Pour mixture into casserole and evenly top with bread crumbs and Parmesan cheese.

Bake for about 30 minutes or until top is browned and casserole is bubbling.

Enjoy!

Serves 4-6