



# Tuna Noodle Casserole with Cauliflower

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Recipe Source: [www.marthastewart.com](http://www.marthastewart.com)

Serves 6

## Ingredients:

- 8 oz whole wheat rotini or other pasta
- 1 lb cauliflower, broken into 1-inch florets (about 4 cups)
- Salt and freshly ground pepper
- 1 Tbsp unsalted butter
- 3 Tbsp canola or olive oil
- 1 medium yellow onion, finely chopped (about 1 ¼ cups)
- 2 stalks celery, cut at an angle into 1/8-inch slices
- 5 Tbsp all-purpose flour
- 1 tsp garlic powder
- 2 cups low-fat milk
- 2 (5 oz) cans solid tuna in water, drained and flaked
- ½ tsp hot sauce, such as Tabasco
- ¼ cup lightly packed fresh flat-leaf parsley leaves

## Steps:

- Preheat oven to 375°. Lightly coat a 2 ½ quart casserole dish with cooking spray.
- Cook pasta in a large pot of boiling water for 4 minutes. Add cauliflower and cook until tender, about 4-5 minutes more. Reserve ½ cup water, drain pasta mixture, and set it aside.
- In the same pot, melt butter and oil together over medium heat. Add onion and celery, season with salt and pepper. Cook until onion is softened, stirring occasionally, about 6 minutes. Add flour and garlic powder and cook, stirring constantly, 2 minutes.
- Slowly stir in milk until mixture is thickened, about 3 minutes. (Best if you use a whisk for this step.) Remove from heat. Gently stir in tuna, hot sauce, and pasta mixture. Season with salt and pepper, and additional garlic powder and hot sauce if preferred. If mixture is too thick, add reserved pasta water and stir gently to combine.
- Transfer to prepared dish, cover loosely with foil, and bake 15 minutes. Uncover, increase heat to 425°, and bake until lightly browned, 10-12 minutes. Top with parsley and serve immediately.

*Tips from the Test Kitchen: This casserole can be made with chicken instead of tuna. You may want to add additional garlic powder and hot sauce, so taste the mixture before baking. Instead of the flat-leaf parsley, you can top the casserole before baking with 1 cup of whole wheat bread crumbs (easy to make in a blender from 1-2 pieces of bread!) mixed with 1 tsp canola oil, and a dash each of garlic powder, black pepper, and dried parsley.*



***Nutritional Facts:*** per serving Calories: 257, Carbohydrates: 27 grams, Protein: 17 grams, Total Fat: 10 grams, Saturated Fat: 2 grams, Cholesterol: 24 mg, Sodium: 190 mg, Fiber: 4 grams, Total Sugars: 7 grams.