

Tuna & Macaroni Casserole Siciliana

Ingredients:

12 ounces tuna in water, drained and flaked
½ teaspoons olive oil
½ cup onions, chopped
1 clove garlic, minced
14 ½ ounces tomatoes, crushed
8 ounces no-salt-added tomato sauce
2 tablespoons parsley
1 teaspoon salt
½ teaspoon granulated sugar
½ teaspoon basil
½ teaspoon oregano
½ teaspoon lemon juice
½ cup elbow macaroni, cooked
¼ cup fat-free Parmesan cheese

Directions:

In a skillet, heat oil over medium flame. Add onions and garlic. Cook until they are tender. Stir in crushed tomatoes, tomato sauce, parsley, salt, sugar, basil, oregano, and lemon juice. Cover and simmer for 30 minutes.

Stir in tuna and cooked elbow macaroni. Heat over low flame for 5 minutes.

Sprinkle with Parmesan cheese and serve.

Nutrition Facts:

Calories	122
Fat	2 grams
Cholesterol	22 milligrams
Sodium	678 milligrams

Courtesy of www.recipezaar.com and applesforhealth.com