



at the  
**foot of the cross**

*A Lenten journey from Family Rosary*

As you and your family journey through Lent, we offer a few recipes to help you abstain from meat. May the sacrifice of meatless meals, guide your family to grow in holiness together.

## Not Your Mother's Tuna Casserole

### Instructions:

12-16 ounces of whole wheat pasta	1-2 teaspoons of honey mustard
3 cans of albacore packed in water, drained well (squeeze that water out!!)	1 heaping teaspoon of dried rosemary (or 1 tablespoon of fresh, cut small)
1 to 1 1/2 cups of frozen peas	1/2 teaspoon of salt
1/2 pound of fresh sliced mushrooms, washed and cut (I usually cut them into 3-4 pieces per slice)	1/4 teaspoon of pepper
16 ounces fat free Greek yogurt	1/2 cup of shredded swiss cheese
heaping 1/2 cup of low fat or fat-free mayo	

### Directions:

Preheat oven to 350° F.

1. Cook noodles according to directions for al dente.
2. Meanwhile, combine yogurt, mayo, mustard, rosemary, salt, and pepper in a bowl.
3. When pasta is cooked and drained, return it to the pot, then fold in other ingredients, except for cheese.
4. Put the noodle mixture in a 9 x 13" pan and top with the cheese.
5. Bake for about 30 minutes, until heated through and cheese is melted on top.

The recipe says this serves 8, but I have a tough time getting 6 servings out of this. Our family frequently fights over the leftovers, though no blood has been spilled (yet).

*Note from the contributor, Christine Johnson:*

*My mother made tuna casserole for Fridays during Lent all the time. When I grew up, I found a delicious recipe that I have tweaked over the years to make it healthier. When my girls were little, I had to give it fun names to get them to eat it, but now it's a staple on our menu, showing up about every 5 weeks (or else)! I tend to eyeball the recipe these days, but here are the approximations.*

