



# Tuna Noodle Bake

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
¼ cup	vegetable oil	60 mL
2	onions, large, finely diced	2
3	red peppers, finely chopped	3
2 cups	peas, frozen, defrosted and steamed	500 mL
¼ cup	fresh basil, minced	60 mL
¼ cup	fresh parsley, minced	60 mL
4 lbs	tuna or salmon, canned	1.8 kg
1 recipe	White Sauce (see Recipe)	1 recipe
15-20 cups	noodles, uncooked	3.75-5 L
7 cups	breadcrumbs (for topping)	1.75 L
5 cups	Cheese, parmesan and cheddar cheese mix (for topping)	1.25 L

## Instructions

1. Preheat oven to 350°F (175°C)
2. In a large skillet, heat oil and sauté onions until soft. Add peppers and sauté until tender. Add basil and parsley and sauté for a couple more minutes. Transfer to a large bowl.
3. Drain tuna and add to onion mixture. Crumble any large pieces with a fork.
4. Make 1 batch White Sauce according to directions. Pour into onion/tuna mixture.
5. Meanwhile, bring a large pot of water to a boil. Cook noodles until tender. Drain and transfer to tuna mixture.
6. Gently combine all ingredients until sauce is evenly distributed.
7. Divide between 7 serving dishes. Top with breadcrumbs and cheese.
8. Heat in oven for 20-30 minutes until top is golden. Cool and serve.

**Nutrition Information**

Serving 194 g

Calories 300

Fat 10 g

Saturated 2.5 g

+ Trans 0 g

Sodium: 440 mg

Carbohydrates: 31 g

Fibre 2 g

Sugars 4 g

Protein 20 g

Calcium 200 mg

Iron 2 mg

**Food Guide Servings**

¼ Vegetable &amp; Fruit

½ Meat &amp; Alternative

1 Grain Product