

Tuna Confetti Spaghetti Casserole

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking Time: 20 – 23 minutes

Serves: 6 - 8

CChints: Albacore tuna is from prime white filets that are canned in water. Tuna is packed with Omega 3 which is good for your heart. Panko bread crumbs can be found on the Asian isle and as they become more popular, even on the pasta isle.



Half of a 14.5 ounce box of angel hair pasta, multi-grain or whole wheat

Pinch of salt

3 – 5 ounce cans Solid White Albacore Tuna in water, drained and squeezed dry

2 oz. jar Diced Pimentos, drainer

1/2 cup diced red bell pepper

3/4 cup carrots, diced

3 stalks celery, diced

1 cup yellow onion, diced

1 teaspoon dried Italian seasoning

1-1/2 tablespoons Dijon mustard or for less intense flavor use Dijonnaise

14 ounce can reduced fat chicken broth

2 tablespoons unsalted butter, melted

1/2 cup grated parmesan cheese, divided

1 cup Cheddar cheese

Optional : squirt style butter

McSteamed vegetables of your choice, asparagus, peas, etc. or sever with a side salad

Preheat oven to 425 degree F and located a 2 quart casserole dish. Spray the dish with a light coating of cooking spray and set aside.

Bring a 2 quart or larger pot of water to a boil and add a pinch of salt. If you cover the pot the water will come to a boil much faster. Add the pasta, broken into pieces, and cook for 5 minutes.

In a large microwavable bowl, add the drained tuna and use a fork to break it apart. Combine the pimentos through chicken broth and stir well. Cover slightly to allow the steam to release and cook in a microwave on high for 1-1/2 minutes, stir and microwave again for another 1-1/2 - 2 minutes. Pour into a large mixing bowl.

When the pasta is done, drain off the water and stir into the tuna mixture. Stir in 1/4 cup parmesan cheese and pour the entire mixture into the casserole dish.

Heat the butter in a microwavable dish for 10 seconds again and maybe again until the butter is melted. In a small bowl, combine 1/4 cup parmesan cheese, cheddar cheese and the butter. Stir to mix well and spoon evenly over the top of the casserole ingredients. If you have squirt-style butter, give the top of the casserole a spray. Bake for 20 minutes until the casserole is bubbling.

During these 20 minutes, do a little clean up and start your side vegetable or salad. If you want to make McSteamed vegetables, simply put 4 plus servings of your favorite fresh vegetable in a microwave safe container with a cover. Sprinkle with Molly McButter®, cover the container slightly to allow steam to release and microwave for 2 minutes.

To get the a golden top color, during the last 2 minutes, turn the broiler on and let it broil for 1-2 minutes. Keep an eye on it and pull it out as soon as it gets to a golden brown but not burned. When it comes out of the oven, let it sit for 5 minutes. Serve and enjoy.