

These casseroles are pretty easy to make. I'll make one or two casseroles, divide them up after they've cooled, and then put them into marked containers (I typically use Ziploc or Gladware containers). Most of the servings, I will freeze for when my family wants them later, so that they don't go bad.

Marie Rice

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### No-Pasta Tuna Casserole

Drain 5 6oz cans solid-white Tuna (packed in water), leaving a little "juice". Break up tuna chunks and add enough mayo to make it creamy. (I usually make it the same consistency as if I were doing Tuna Salad.)

I actually do these next ingredients free-hand, so these are just approximations. Add about 2 Tbsp Dijon mustard (or other type if you're a mustard fan, like we are), about 1-1/2 Tbsp garlic pepper or to taste (or use separate garlic and pepper), and a couple of dashes of cayenne pepper.

Stir in a can or two of very early young peas.

Add in about 3 cups of shredded cheddar cheese (cheddar seems to have the highest protein content - be sure to check Carb count if using low-fat cheese) and a splash of milk (I use skim) so that everything is moist.

Place into a greased 9x13 casserole pan (I have been using Pam cooking spray for a few years, now). Sprinkle another cup of shredded cheddar cheese over the top, and bake at 350 degrees for about 35 minutes.

#### Notes:

\* Substitute Salmon for the Tuna.

\* Substituting Crab for the Tuna.

\* It's possible that yogurt can be substituted for the mayo, but I'm not sure how it would do in the heat from the oven.

\* I've also added in Artichoke hearts (much work in cutting them up) and green beans at times. I've considered adding diced tomatoes, but haven't tried it yet. There are a myriad of other vegetables that could probably be added in, as well.