



Low Carb Tuna Casserole

SERVES: 6

PREP TIME: 10 min.

COOK TIME: 5 min.

Ingredients:

1/2 pound short cut pasta (penne, farfalle, rigatoni)

1 head cauliflower

2 tablespoons olive oil

1 cup diced onion

1 jar prepared alfredo sauce

2/3 cup 1% or skim milk

2 1/2 cups grated cheddar cheese divided

2 cans water packed tuna

salt & pepper to taste

1 cup frozen peas



Directions:

1. Bring large pot of water to boil.
2. Cut cauliflower into small bite sized florets. Once water comes to rolling boil, salt water and stir in pasta.
3. Cook 3 minutes and then pour in cauliflower pieces.
4. Drain and set aside. In same pot over medium heat, saute onion in olive oil until soft . Add in salt and pepper.
5. Pour in alfredo sauce and milk.
6. Sprinkle 2 cups of cheese into sauce and stir until cheese has melted and sauce is smooth. Pour in cooked pasta, cauliflower and frozen peas. Stir until everything is well mixed and coated in sauce.
7. Smooth the top and sprinkle with remaining 1/2 cup cheese. Remove from heat and cover to melt cheese OR stick pot under hot broiler for 1-2 minutes or until cheese is brown and bubbly.

Source: Laurenslatest.com