



Speedy Tuna Noodle Skillet

PER SERVING (1/2 of recipe): 230 calories, 5.5g fat, 797mg sodium, 13g carbs, 5g fiber, 0g sugars, 30g protein -- **PointsPlus®** value 5*



Ingredients:

2 bags House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute
3/4 cup 98% fat-free cream of mushroom condensed soup
Two 5-oz. cans albacore tuna packed in water, drained and flaked
Optional: salt, black pepper, garlic powder, chopped scallions

Directions:

Use a strainer to rinse and drain noodles well. Dry as thoroughly as possible, using paper towels. Cut noodles up a bit with kitchen shears (if you've got 'em), and set aside.

Add soup to a skillet and bring to medium heat on the stove. Add noodles and toss to coat.

Add tuna. Cook and stir until hot, 1 - 2 minutes.

If you like, season to taste with optional spices and top with scallions. Serve it up!

MAKES 2 SERVINGS



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