

# Salmon Noodle Casserole

## Ingredients

Whole wheat egg noodles, uncooked	25 cups	6.3 L
Salmon, canned (without bones), drained	14 $\frac{3}{4}$ cups	3.7 L
Yogurt, plain, 2 % M.F.	7 cups	1.75 L
Milk, 1 % M.F.	3 $\frac{1}{2}$ cups	875 mL
Peas, frozen	8 cups	2 L
Black pepper, ground	2 tsp	10 mL

## Directions

1. Preheat oven to 350°F (175°C).
2. In a large pot, cook noodles as directed on package. Drain noodles and transfer to a large pan or bowl.
3. Stir in salmon, yogurt, milk, peas, and pepper. Pour into 2–3 ungreased casserole dishes.
4. Bake uncovered for 35–40 minutes at 350°C (175°F).
5. Portion  $\frac{2}{3}$  cup (150 mL) amounts onto serving plates.

Makes 50  $\frac{2}{3}$  cup (150 mL) servings.

Nutrition Facts	
Per $\frac{2}{3}$ cup (141 g)	
Amount	% Daily Value
<b>Calories</b> 190	
<b>Fat</b> 4 g	<b>6 %</b>
Saturated 1 g + Trans 0 g	<b>5 %</b>
<b>Cholesterol</b> 35 mg	
<b>Sodium</b> 230 mg	<b>12 %</b>
<b>Carbohydrate</b> 21 g	<b>10 %</b>
Fibre 3 g	<b>7 %</b>
Sugars 4 g	
<b>Protein</b> 19 g	
Vitamin A 10 %	Vitamin C 8 %
Calcium 9 %	Iron 12 %

Nutrient Claim	Amount per Serving
Source of fibre	3 g
High in calcium	100 mg
Source of iron	1.9 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	$\frac{1}{3}$
Grain Products	$\frac{3}{4}$
Milk and Alternatives	$\frac{1}{4}$
Meat and Alternatives	1 $\frac{1}{3}$

## Alberta Nutrition Guidelines Category

Choose Most Often  
(Mixed Dish)



### Recipe Tips

- No frozen peas? Try using corn, carrots, green beans or any leftover vegetable.
- Did you know canned salmon contains calcium and vitamin D? These nutrients are important for building strong and healthy bones.
- Do you have children with fish or seafood allergies? Add cooked chicken or turkey instead of salmon.

Source: Nanaimo Community Kitchens Society