

Asparagus-Tuna Casserole

- * 3 cups uncooked medium-sized noodles
- * 1 can (12 ounces) tuna drained and flaked
- * 1 can (8.25 ounces) sliced carrots, drained
- * 1 can (10.75 ounces) condensed cream of mushroom soup
- * 1 teaspoon dried onion flakes
- * 1/4 teaspoon garlic salt
- * 1 pound, 4 ounces fresh Michigan asparagus cuts and tips
- * 1/2 cup shredded cheddar cheese
- * Vegetable cooking spray

Cook noodles according to package directions. Drain well. Combine noodles, tuna, carrots, soup, dried onion and garlic salt. Gently fold in asparagus. Place in 2-quart shallow casserole dish coated with cooking spray. Cover with foil. Bake at 350° F about 35 minutes or until thoroughly heated. Sprinkle with cheese and return to oven, uncovered. Bake for 5 minutes or until cheese melts. Serve hot. Makes 6 (1 cup) servings.