



Tuna Casserole

With only 5 main ingredients (not including seasonings), Tuna Casserole is easy, low carb, affordable, and delicious!

Ingredients:

- 1 Can of Safe Catch Tuna®
- 2Tbsp Lite Mayo
- 1Tbsp Mustard
- 1/4 Cup Gruyere Cheese
- 1/8 Cup Diced Red Onion
- Salt and Pepper
- Dash of Cayenne

Directions:

1. Shake can of Safe Catch Tuna® well before opening. Do not drain. Flake with fork until liquid is absorbed by tuna.
2. Add Mayo, Mustard, Gruyere Cheese, Onion, Salt and Pepper to taste, and dash of Coyenne.
3. Mix together.
4. Transfer to loaf pan and bake at 400° for 15 minutes.
5. Serve & Enjoy!

“Great fish do not swim in shallow waters.” - Matshona Dhiwayo

