

Cheesy Tuna Bake

Ingredients:

Vegetable oil	1 teaspoon (optional)
Onion, finely chopped	1 small (optional)
Cream of mushroom soup	1 can (284 mL)
Milk	1 cup
Water	½ cup
Orzo pasta, uncooked	1 cup
Tuna, light, drained	1 can (170 g)
Peas and carrots, drained	1 can (398 mL)
Black pepper	¼ teaspoon
Onion powder	½ teaspoon
Paprika	½ teaspoon
Cheddar cheese, grated	½ cup



Babies 6 months and older can eat fish. Fish is a source of iron and healthy omega-3 fats.

Directions:

1. Preheat oven to 375°F.
2. If using chopped onion (optional), heat oil in a small pan over medium heat. Add onion and cook for 3-5 minutes, until onion is soft.
3. In a large bowl, mix together cream of mushroom soup, milk and water. Stir in uncooked orzo pasta, tuna, peas and carrots, and spices. Mix in cooked onion (if using).
4. Grease a square casserole dish (8 x 8 inches or 9 x 9 inches) with margarine or oil. Pour tuna mixture into dish.
5. Sprinkle with cheese and bake in the oven for 45 to 60 minutes (fully cooked when orzo pasta is soft). Let cool for 10 minutes (it will thicken as it cools).

Serves 6

Tips:

- Eat 2 servings of fish each week if you are pregnant: 1 serving = 75 grams (2.5 ounces) = the size of your palm.
- Try canned salmon instead of tuna – crush the bones with a fork before mixing salmon with other ingredients.
- Instead of orzo, use a different type of pasta: Cook 1 cup macaroni or small shell pasta (following directions on pasta package) before mixing with other ingredients in Step 3 of recipe.

