

Lo Salt Tuna Noodle Casserole for 2

into a mixing bowl add:

1 can no salt albacore tuna

1 can Campbell's no salt mushroom soup

break up the tuna. Season with onion powder, garlic powder and white pepper.

Boil about 2 quarts of water. When boiling, add a heaping 1 cup of mini bowtie macaroni. Cook macaroni until done, strain and add to bowl.

Split the mixture between 2 small oven safe bowls and top each with no salt potato chip crumbs (we use Utz leftovers at the bottom of the bag.)

Place in a 350 degree oven for about 40 minutes.

110 mg of sodium in the entire batch.