**Cajun Tuna Noodle Casserole**

8 ounces of farfalle pasta

20 ounces of tuna steaks

2 Tablespoons of Cajun seasoning

2 Tablespoons of olive oil

4 Tablespoons of unsalted butter

8 ounces of mushrooms, diced

1 large onion, diced

3 stalks of celery, diced

5 cloves of garlic, diced

1 teaspoon of fresh thyme or ½ teaspoon of dried thyme

¼ teaspoon of cayenne pepper

1 teaspoon of salt

½ teaspoon of pepper

¼ cup all-purpose flour

¼ cup dry sherry

1 Tablespoon low-sodium soy sauce

3 cups of whole milk

1 jar of sliced pimentos (4 oz), drained

½ cup of shredded Parmesan cheese

1 cup of breadcrumbs

½ cup of shredded Parmesan cheese

1. Cook the pasta
2. Sprinkle the Cajun seasoning on the tuna and sear on each side for two minutes.
3. When tuna is cool, slice into small bite-size pieces.
4. Preheat oven to 350°
5. Melt the butter. Add mushrooms, onions, celery, garlic, thyme, cayenne, salt, and pepper. Cook until the vegetables are tender (5 – 7 minutes).
6. Stir in flour and cook one minute.
7. Add sherry and soy sauce; cook until liquid evaporates.
8. Whisk in milk and bring mixture to a boil. Cook until sauce thickens (3-4 minutes). Stir in pimentos and ¼ cup of Parmesan.
9. Combine pasta, tuna, and vegetable mix. Stir well and add to casserole pan.
10. Sprinkle breadcrumbs and ¼ cup of Parmesan on top.
11. Bake for 30-50 minutes, depending on the size of the casserole pan. The smaller the pan (that is, the more full the pan is), the longer the cooking time. We use an 11” x 8”/2.5 qt. pan and bake for 50 minutes.
12. Makes eight 12-ounce serving.

Note—some people add extra pasta to the recipe. You can do this, but, the extra carbs will cause you glucose to spike and you’ll be hungry again in an hour. The ratios in the recipe will work best for appetite controls.