<u>TUNA NOODLE BAKE</u>; makes 4 servings; 1 serving = 6 points.

2 cups wide whole wheat egg noodles
1 16 oz. can water-packed solid white tuna, drained and flaked.
1 ½ cup fat free milk ½ tsp. salt
2 large eggs ¼ tsp. pepper
¾ cup shredded fat free sharp cheddar cheese

Preheat oven to 375 degrees F. Spray shallow, 2-quart casserole dish with cooking spray; Cook noodles as directed on package and add the mixed vegetables in the last minute of cooking. Drain noodles and vegetables, then pour into casserole dish. Scatter tuna on top. Lightly beat eggs with milk in medium bowl. Stir in about $\frac{1}{2}$ cup cheddar cheese, salt, and pepper. Pour over pasta mix. Sprinkle remaining cheddar cheese on top; bake uncovered until knife inserted in center comes out clean and top is golden (about 50 mintues.) Let stand five minutes, cut into four servings.