

UNCLE JED'S TUNA CASSEROLE/FRED PRATT'S FAMOUS TUNA FISH CASSEROLE

This recipe came to me from an old friend, John E. Dawson. "JED" comes from his initials. He dictated it to me in 1979 while we were driving to Ocala where we both worked as paralegals. This is my "refined" version after years of tweaking.

FYI: Uncle Jed, comes from a great song by Happy and Artie Traum.

Also, this is the same recipe I call Fred Pratt's Famous Tuna Fish Casserole. I alternate the recipe title depending on who is eating it.

Ingredients:

Whole wheat flat noodles, 12 ounce bag (may use other varieties such as bow tie noodles)

Salt - enough to robustly flavor pasta cooking water

3- 6.4 ounce pouches of tuna fish

Cream of shrimp/seafood soup, low sodium/fat if possible - 1 can undiluted

Cream of mushroom can of soup, low sodium/fat if possible - 1 can, undiluted

Rotel Original - 1 can, drained

Artichoke hearts - 1 jar, drained

Large olives - 1 can drained. Buy sliced or chopped whole olives.

Black pepper - large pinch

Cajun Seasoning - generous pinch

Olive oil - enough oil to drizzle over casserole contents added to casserole dish for cooking.

Mozzarella or sharp cheddar - enough to amply cover the casserole before placing in oven

Directions:

Prepare pasta according to package directions in robustly salted water.
Mix remaining eight ingredients in large bowl. Add pasta and combine.

Place in large casserole dish sprayed with Pam.
Drizzle with olive oil. Cover with grated cheese.
Bake in pre-heated oven at 350 degrees until brown. Remove and let it rest for 2-4 minutes.
Serve.