

Ono Casserole

5 slices whole-wheat bread, crusts included
1 tablespoon canola oil
1 small onion, chopped (about 1 cup)
1 large stalk celery, finely diced (about 1/2 cup)
2-1/2 cups white mushroom, stemmed and chopped
1/4 cup all-purpose flour
3 cups 1 percent milk
1 cup low-sodium chicken broth or vegetable broth (*fresh stock may be used*)
3/4 teaspoon salt
1/4 teaspoon ground black pepper
1/2 pound whole-wheat fettuccine noodles, broken into thirds and cooked according to package directions
1 (10-ounce) box frozen chopped broccoli, thawed
1 (10-ounce) box frozen peas, thawed
1-1/2lbs.chunked Ono (*ahi or mahi mahi may replace ono if desired*)

Directions

Preheat oven to 425 degrees F.

Place bread in food processor and pulse for 30 seconds into bread crumbs (makes about 2 1/2 to 3 cups crumbs).

Heat oil in a large skillet over medium heat. Add onions and cook, stirring, until onions are soft and translucent, 8 minutes. Add celery and cook, stirring, until just tender, 6 minutes. Add mushrooms and Ono and cook, stirring, until mushrooms release their water and Ono is browned, 5 to 10 minutes.

Add flour all at once and stir immediately and vigorously with a wooden spoon until flour is completely incorporated into vegetable mixture until there are no flour lumps. Add milk and broth, stir to combine and bring mixture to a boil, stirring frequently.

Reduce heat to a vigorous simmer and cook, stirring, until liquid has thickened and reduced by about 1/2 cup, 7 to 8 minutes. Add salt and pepper and stir to combine. Combine cooked pasta with vegetable-liquid mixture, broccoli, peas and ono — toss to incorporate.

Pour into a 9 by 13-inch casserole. Top with bread crumbs. Bake for 25 minutes, or until crumbs are golden brown and toasted.