

## TUNA SALAD

**Prep Time:** 10 minutes

**Cook Time:** 1 hour or overnight

**Included in Box:**

- 2 (5 oz) cans of tuna
- 1 c. whole wheat elbow pasta, cooked
- ½ c. canned no salt carrots, drained and rinsed

**Additional Ingredients Needed:**

- ¼ c. light mayonnaise
- ½ c. plain yogurt, low-fat or non-fat
- 1 small onion (~½ c.), finely chopped
- 1 c. celery or red pepper, chopped
- 1 T lemon juice
- 1 T dried parsley

**Directions:**

1. Combine tuna, light mayonnaise, plain yogurt and lemon juice in a large bowl.
2. Add cooked pasta, onion, carrots, celery (or red pepper) and parsley. Mix well to combine.
3. Refrigerate 1 hour or overnight before serving.

**Tip:** Add chopped cucumber or serve with fresh tomato and lettuce for extra flavor and nutritional punch!



**Nutrition Facts\***

**Total Servings:** 4  
**Serving Size:** 1 c.  
**Calories:** 175  
**Fat:** 6 g  
**Sodium:** 355 mg  
**Carbohydrates:** 14 g  
**Fiber:** 2 g  
**Protein:** 16 g  
**Carbohydrate Servings:** 1

*\*Nutrient facts include canned chunk light tuna in water (drained), cooked whole wheat elbow pasta, canned unsalted sliced carrots (drained), light mayonnaise, fresh celery (diced), small white onion, fresh lemon juice, and dried parsley.*