



Zesty Tuna Pasta Salad

Servings 8 | Prep time 10 mins | Total time 10 mins.

Equipment: Large mixing bowl

Utensils: Stirring spoon, Measuring cups and spoons

Ingredients

2 cups whole grain pasta (such as macaroni, rotini, or penne), cooked and cooled

2 5 ounce cans fish (tuna or salmon) packed in water, drained

1 small zucchini, chopped

1 carrot, chopped

1 bell pepper, chopped

1/2 onion, diced

1/2 teaspoon black pepper

3/4 cup fat-free Italian dressing, divided

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Mix all ingredients except for dressing in bowl. Add 1/2 cup of dressing. Refrigerate for at least 30 minutes before serving.
3. Add remaining 1/4 cup dressing immediately before serving to freshen salad.

Nutritional Information:

Calories 180 Total Fat 2g Sodium 340mg Total Carbs 31g Protein 12g