



# 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