

# Tuna Pasta Salad with Peas

*A quick and easy pasta salad that is also whole grain and delicious!*

***Makes 4 servings, 2/3 cup each***

## **INGREDIENTS**

1/4 -1/2 cup light mayonnaise

1/4 tsp. dried dill

1 cup whole wheat elbow macaroni, cooked and drained

1 cup low sodium canned peas, drained

1/2 cup chopped red or white onion

1 can (6oz.) tuna packed in water, drained and flaked

## **MAKE IT!**

MIX mayonnaise and dill in a large bowl.

ADD remaining ingredients; mix lightly. Cover.

REFRIGERATE several hours or until chilled.

## **NUTRITION FACTS**

Calories: 311

Calories from fat: 69

Fat: 7.6gm

Sat. Fat: 1.3gm

Protein: 18.6gm

Carbohydrates: 41gm

Fiber: 2.2gm

Cholesterol: 63mg

Sodium: 142mg

**Cost per recipe ~ \$ 2.80 (10% tax sale included)**

**Cost per serving ~ \$ 0.70 (10% tax sale included)**

(Cost is based on prices of the less expensive brands, at the low prices stores such as Walmart or Aldi. Cost do not include any condiments such as yellow mustard, garlic cloves, cooking oil, salt, peppers or other seasonings that would not significantly change the cost).