

TUNA PASTA SALAD WITH PEAS

Not in the mood to cook? This pasta salad comes together quickly without much cooking time, and you will have plenty for leftovers. It uses a few, simple ingredients that are kitchen-staples. Feel free to customize the ingredients to your liking: add chopped celery or apples for crunch, add raisins for sweetness, or add a touch of dill weed or powdered ranch seasoning to add more depth to the flavors. Endless possibilities!

Yield= 6 servings

Ingredients

12 oz bow tie **pasta** (or the pasta of your choice)

5 oz **canned tuna**, drained

1 **lemon**, juiced

1/2 c **onion**, diced

3/4 c **light mayonnaise**

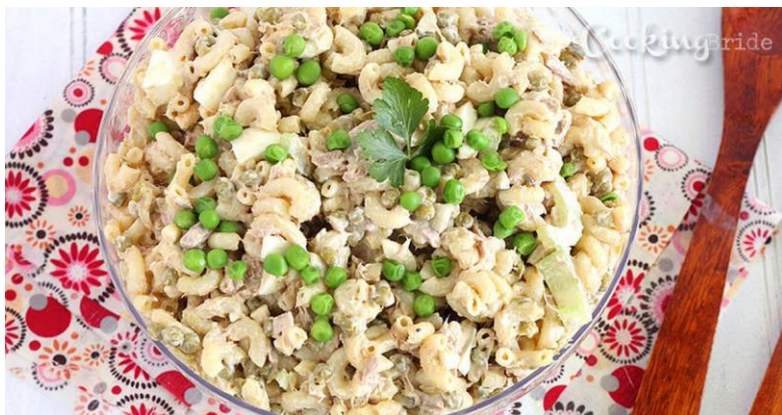
2 c frozen **peas**, thawed and drained or 2 c canned peas, drained and rinsed

Salt and pepper, to taste

Instructions

1. Cook the pasta according to the package directions. Drain and set aside.
2. While the pasta cools, add the remaining ingredients to a large bowl. Mix thoroughly and taste the mixture. (Note that more stirring will break the tuna into smaller pieces and less stirring will leave the tuna in chunks; stir to your preferred consistency.) Add salt and pepper to taste.
3. After the pasta is fully drained and cooled, add it to the bowl with the tuna mixture. Fold to combine ensuring the pasta is well-coated with the mayonnaise mixture. Serve as is or keep in the refrigerator until ready to serve.

Per Slice- Calories 294, Saturated Fat 1.4g, Sodium 388mg, Total Sugars 5.1g



Recipe featured in Jan 2021 issue of Beyond Hunger's Nutrition Newsletter & was adapted from Budget Bytes