

Tuna Pasta Salad

Ingredients:

- 10 ounces frozen green peas
- 8 ounces whole wheat elbow macaroni
- 12 ounces tuna in water, canned
- 1 onion
- 1 green pepper, diced
- 3 stalks celery, diced
- 1 carrot, grated
- 3/4 cup light mayonnaise

Equipment:

- Cutting board
- Knife
- Measuring cup
- Mixing bowl
- Mixing spoon
- Number of Servings: 7
- Prep Time: 20 minutes
- Total Time: 1 hour

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Directions

1. Open peas and allow to thaw. Set aside.
2. Prepare macaroni according to package directions. Drain, and allow to cool.
3. Open tuna and drain juice, add to medium bowl. Break up into small pieces with fork.
4. Cut the ends off of the onion, and peel off the brown layers. Chop into small pieces. Add to bowl.
5. Wash a green pepper and, hold it by the top with the bottom sitting on a cutting board. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. Take the sides you have created and slice them apart, then dice the slices. Add to bowl.
6. Wash celery stalks, cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Add to bowl.
7. Wash carrots. Use a grater to shred carrots into small pieces, add to bowl. Add thawed green peas
8. Add mayonnaise and mix well. Chill until ready to serve.

Nutrition Facts	
Serving Size: 1 1/4 cups	
Servings: 7	
Amount Per Serving	
Calories 277	Calories from Fat 54
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 24mg	8%
Sodium 359mg	15%
Potassium 385mg	11%
Total Carbohydrate 38g	13%
Dietary Fiber 6g	24%
Protein 20g	40%
Vitamin A 67%	Vitamin C 43%
Iron 17%	Calcium 4%

*Percent Daily Values are based on a 2,000 calorie diet.

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