



## Tuna Pasta Salad

6 Servings

*This is a healthier and tasty version of the tuna pasta salad we know very well. One serving of the typical tuna pasta salad has 533 calories and 22g fat (3g saturated fat).*

### Salad:

2 cups uncooked whole wheat pasta (penne, rigatoni, macaroni)  
2 cups broccoli florets, fresh  
2 cans (6 ounces each) tuna packed in water, drained  
2 or 3 green onions (scallions), sliced  
1 cup cherry tomatoes, cut in half

### Dressing:

2/3 cup reduced fat mayonnaise (or reduced fat Miracle Whip type salad dressing)  
½ teaspoon sugar  
1 teaspoon lemon juice  
1/8 teaspoon ground black pepper

- Cook pasta according to package directions. During the last minute of cooking, add broccoli florets. Drain noodles and broccoli. Rinse immediately with very cold water.
- In small bowl, mix together dressing ingredients.
- In a large bowl, combine the cooled cooked pasta, broccoli, tuna, green onions, tomatoes and dressing.
- Refrigerate until ready to eat.

### Nutrition Information

Calories: 191	Carbohydrate: 18g
Total fat: 6g	Fiber: 2.4g
Saturated fat: 1g	Protein: 16g