



Adapted with permission from Oregon State University Extension Service

**Nutrition Facts** (Serving size 1 cup): Calories-270; Protein-17 g; Carbohydrate-31g; Total Fat-8g; Saturated Fat-1g; Cholesterol-20mg; Fiber-2g; Sodium-500mg; Vitamin C-10%; Vitamin A-70%; Iron-10%; Calcium-2%

1. Cook macaroni according to package directions. Drain off liquid, let cool, and put into a medium bowl.
2. Drain tuna and add to macaroni.
3. Add zucchini, carrots, onions, mayonnaise, salt, garlic powder, and pepper. Mix gently and chill until serving.



**Directions**  
Prep time: 10 minutes | Cook time: 10 minutes | Number of servings: 6

## Tuna Macaroni Salad

- 2 cups macaroni, uncooked
- 2 cans (5 ounces each) water-packed tuna
- 1 cup chopped zucchini
- 1 cup chopped carrots
- 1/3 cup diced onion
- 1/2 cup reduced fat mayonnaise
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper

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