Tuna Macaroni Salad

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

2 cups macaroni, uncooked
2 cans (5 ounces each) water-packed tuna
1 cup chopped zucchini
1 cup chopped carrots
½ cup diced onion
½ cup reduced fat mayonnaise
½ teaspoon salt
½ teaspoon garlic powder
¼ teaspoon black pepper

Directions

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.

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%; Calcium–2%

Adapted with permission from Oregon State University Extension Service
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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

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