

## Tuna Pasta Salad

### Ingredients:

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

### Equipment:

Can opener  
 Knife  
 Cutting board  
 Measuring cups  
 Cheese Grater  
 Large Saucepan  
 Mixing bowl

Number of Servings: 7  
 Prep Time: 15 minutes  
 Total Time: 15 minutes

### Directions

1. Prepare macaroni according to package directions. Drain, and allow to cool.
2. Open and drain juice from tuna, add to medium bowl. Break up into small pieces with fork.
3. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn 1/4 and slice again to make dice. Chop up any large pieces. Add to bowl with tuna.
4. Wash a green pepper and, hold it by the top. 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.
5. Wash and cut off both ends of celery. 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.
6. Wash carrots. Use a grater to shred carrots into small pieces, add to bowl.
7. Add cooled macaroni, mayonnaise, and peas and mix well. Chill until ready to serve.

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Nutrition Facts			
Serving Size: 1 1/4 cup mixture			
Servings: 7			
Amount Per Serving		Calories from Fat 54	
Calories 279			
		%Daily Value*	
Total Fat	6g		9%
Saturated Fat	1g		5%
Cholesterol	24mg		6%
Sodium	316mg		13%
Total Carbohydrate	38g		13%
Dietary Fiber	6g		13%
Protein	20g		40%
Vitamin A	66%	Vitamin C	58%
Iron	15%	Calcium	4%

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

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