

Tuna Sea Shell Pasta

Ingredients:

8 ounces pasta shells
 12 ounces tuna in water, canned
 1 onion
 2 stalks celery
 1/2 carrot
 1/2 cup sweet pickle relish
 3/4 cup reduced-calorie
 mayonnaise

Equipment:

Cutting board
 Knife
 Colander
 Large sauce pan
 Medium mixing bowl
 Spatula
 Grater
 Measuring cups

Number of Servings: 8
 Prep Time: 20 minutes
 Total Time: 20 minutes

Directions

1. Cook pasta according to package directions. Drain, then rinse with cool water. Set aside.
2. While pasta is cooking, open and drain tuna, and put in a medium mixing bowl. Break up tuna with a fork.
3. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to bowl.
4. Wash a celery stalk and lay it on a cutting board. 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.
5. Wash carrot. Use a grater to shred carrots into small pieces, add to bowl.
6. Add pasta, relish and mayonnaise to bowl. Mix well, and chill until ready to serve.

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Nutrition Facts	
Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 243	Calories from Fat 63
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	4%
Cholesterol 20mg	7%
Sodium 388mg	16%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	7%
Protein 15g	30%
Vitamin A 27%	Vitamin C 4%
Iron 11%	Calcium 2%

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

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