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

**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.

**Nutrition Facts**

- Serving Size: 1 cup
- Number of Servings: 8
- Total Time: 20 minutes
- Prep Time: 20 minutes

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>243</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>7g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>4%</td>
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<tr>
<td>Cholesterol</td>
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<td>7%</td>
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<tr>
<td>Sodium</td>
<td>380mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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</tr>
<tr>
<td>Protein</td>
<td>15g</td>
<td>30%</td>
</tr>
</tbody>
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