

TUNA MACARONI SALAD

4 Servings, about 1-1/2 cups each

Elbow macaroni, uncooked	1 cup
Canned tuna, water-pack, drained	2 6-ounce cans
Eggs, hard cooked, finely diced	4
Celery, chopped	1/4 cup
Carrots, grated	3/4 cup
Salad dressing, mayonnaise-type	1/2 cup
Onion, minced	2 tablespoons
Pepper	1/4 teaspoon

PREPARATION TIME: 15 MINUTES

COOKING TIME: 8 TO 10 MINUTES

1. Place water in large saucepan and bring to boil. Add macaroni and cook until tender, about 6 to 8 minutes. Drain.
2. Combine macaroni, tuna, eggs, celery, and carrots in a large bowl.
3. Stir together salad dressing, onion, and pepper. Spoon dressing over salad; toss until evenly combined.
4. Chill until ready to serve.

PER SERVING:

Calories	520
Total fat	30 grams
Saturated fat	5 grams
Cholesterol	237 milligrams
Sodium	509 milligrams