

TUNA PASTA SALAD

4 Servings, about 1-1/2 cups each

Macaroni, uncooked	2 cups
Tuna, canned, water-pack	2 6-1/2-ounce cans
Zucchini, chopped	1/2 cup
Carrots, sliced	1/4 cup
Onions, diced	1/3 cup
Salad dressing, mayonnaise-type	1/4 cup

PREPARATION TIME: 25 MINUTES

COOKING TIME: 8 MINUTES

1. Cook macaroni according to package directions. Drain.
2. Drain tuna.
3. Wash vegetables. Chop zucchini; slice carrots into thin slices; dice onions.
4. Mix macaroni, tuna, and vegetables together in mixing bowl. Stir in salad dressing.
5. Chill until ready to serve.

PER SERVING:

Calories	405
Total fat	13 grams
Saturated fat	2 grams
Cholesterol	25 milligrams
Sodium	360 milligrams