

Tuna Pasta Salad

Tuna is a good source of Omega-3 fatty acids. Omega-3 fatty acids are an essential nutrient for preventing and managing high blood pressure and heart disease. Choose tuna packed in water to reduce added sodium.



Don't have tuna? Try making this recipe with canned chicken or salmon.

More recipes are available at pittsburghfoodbank.org/recipecards

Greater Pittsburgh
**community
food bank**
412-460-3663 | pittsburghfoodbank.org



Use any shape pasta. Whole grain pasta adds fiber.



Fresh or canned diced tomatoes are great for this recipe.



While the pasta cooks, chop vegetables and toss with tuna.

Tuna Pasta Salad

Preparation time: 10 minutes | **Cook time:** 20 minutes | **Cost:** \$3.25

Ingredients:

- 2 cups **pasta**, uncooked
- 1 (10 ounce) can **tuna**, drained and rinsed
- 1 cup **tomatoes**, chopped
- 1 cup **cucumber** or **zucchini**, chopped
- 3 tablespoons **lemon juice**
- ½ tablespoon **oil**
- ½ tablespoon **Italian herbs, oregano** or **parsley**
- ¼ teaspoon **salt**
- ¼ teaspoon **black pepper** (optional)

Directions:

1. Cook pasta by following the directions on the package.
2. While the pasta cooks, add tuna, chopped vegetables, lemon juice, oil and seasoning to a bowl. Stir to mix.
3. Once pasta is cooked, drain and rinse with cold water to cool the pasta.
4. Add drained pasta to the tuna mixture. Stir to mix.

Makes 4 servings

Nutrition Facts

4 servings per container
Serving size 1 1/2 cups

Amount per serving
Calories **280**

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 350mg	15%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 1mcg	6%
Calcium 40mg	4%
Iron 3mg	15%
Potassium 314mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

