

Tuna Pasta Salad

- 2 small carrots
- 1 small green pepper
- 3 cups uncooked pasta shells*
- 1 can (6.5 ounces) tuna, canned in water
- 1/2 cup fat free Italian salad dressing
- 1 teaspoon dried Italian seasoning
- 1/4 teaspoon black pepper

Makes 10 portions, 1/2 cup each

Per portion

Calories:	156
Carbohydrate:	27 grams
Protein:	9 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	8 milligrams
Sodium:	238 milligrams
Dietary fiber:	1 gram

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1. Wash and chop carrots and green pepper.
 2. Cook pasta according to package directions. Do not add salt to the water.
 3. Add carrots during last 2 minutes of cooking; drain.
 4. Rinse with cold water to cool quickly, drain well.
 5. Rinse, drain, and flake tuna.
 6. In large bowl, stir together carrots, cooled pasta, and remaining ingredients.
 7. Cover and refrigerate for 2 hours before serving.

*Can use other pasta shapes