



# A Twist on Pasta Salad

Spiral shaped macaroni makes this salad fun!



Level: Medium

Serves: 6 to 8

## Kids' Tool Kit

Large pan  
Strainer  
Large bowl  
Small bowl  
Spoon  
Rubber spatula  
Cutting board  
Knife  
Measuring cups  
Measuring spoons

## Chef's Choice

A Twist on Pasta  
Salad  
Baby carrots  
Crackers  
Low fat milk

## Ingredients:

### Salad:

- ½ pound package rotini or colored twists, uncooked
- 1 can (6-ounce) tuna, drained
- 1 cup diced cucumbers
- 1 large tomato, chopped
- ½ cup sliced celery
- ¼ cup chopped green pepper
- ¼ cup sliced green onions



### Dressing:

- 1 cup bottled low fat Italian dressing
- ¼ cup low fat salad dressing or mayonnaise
- 1 tablespoon prepared mustard
- 1 teaspoon dill weed
- ½ teaspoon salt
- ⅛ teaspoon pepper



## Directions:

**Remember to wash your hands!**

1. Prepare rotini according to package directions and drain.
2. In large bowl, combine rotini, tuna and vegetables.
3. In small bowl, combine dressing ingredients. Add to salad mixture and stir to combine. Cover and chill.
4. Toss gently before serving. Refrigerate leftovers.



**Helpful Hints:** Many hands can help prepare this recipe! Allow extra time to chop the vegetables and a little more time to let the flavors blend in the fridge before serving.

If you want a meatless pasta salad, omit the tuna. Cucumbers not on the "favorites" list at your house? Serve them on the side as crunchy sticks that kids can dip in their favorite low fat salad dressing. This is one recipe where adding even more vegetables gives extra color and crunch.

For even more added color, buy rainbow spiral pasta. Garden variety rotelle is an enriched spinach and tomato macaroni product that has green, red and white spirals that kids will think are fun.



**Safety Tips:** Wash, wash, wash! Wash your hands before starting the recipe, wash the vegetables before chopping, wash can lids before opening and wash the counter before and after cooking. Food safety starts with you.

## Nutrition Facts

Serving Size 1 cup (245g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 290	<b>Calories from Fat</b> 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 750mg	<b>31%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 12g	
Vitamin A 8%	Vitamin C 20%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 50g
Saturated Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).