

A Twist on Pasta Salad

Spiral shaped macaroni makes this salad fun!

6-8 servings

Ingredients:

Salad: 1/2 pound package rotini or colored twists, uncooked

1 can (6-ounce) tuna, drained

1 cup diced cucumbers

1 large tomato, chopped

1/2 cup sliced celery

1/4 cup chopped green pepper

1/4 cup sliced green onions

Dressing: 1 cup bottled low fat Italian dressing

1/4 cup low fat salad dressing or mayonnaise

1 tablespoon prepared mustard

1 teaspoon dill weed

1/2 teaspoon salt

1/8 teaspoon pepper

Directions: **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.

Nutrition Facts: One 1 cup serving provides 290 calories, 11g total fat, 10mg cholesterol, 750mg sodium, 36g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

A Twist on Pasta Salad
Baby Carrots
Crackers
Low Fat Milk

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