

Tuna pasta salad



Recipe credit

Oregon SNAP. OSU Extension Service

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About this recipe

Serves

6

Serving size

1 cup

Time to make

5 minutes, cooking time 10 minutes

Special criteria

Ingredients

- 2 cups macaroni, uncooked
- 2 cans (5 ounces each) tuna or salmon (water-packed)
- ½ cup chopped zucchini (about 1/3 small zucchini)
- ¼ cup sliced carrots (about 1 carrot)
- ⅓ cup diced onion
- ¼ cup mayonnaise or salad dressing

Directions

1. Wash hands with soap and water.
2. Cook macaroni according to package directions. Drain the cooking liquid and cool.
3. Drain tuna or salmon.
4. Mix all ingredients together in a bowl. Chill until ready to serve.
5. Refrigerate leftovers within 2 hours.

Tips and variations

- Try whole wheat pasta to include whole grains.

Nutritional info

Calories

240

Total fat

8g

Saturated fat

1g

Cholesterol

20mg

Sodium

170mg

Total carbohydrates

28g

Protein

14g

Total sugar

2g

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