

Summer Squash Tuna Pasta Salad

Tuna adds protein to this quick and easy summer squash pasta salad. Try adding any variety of veggies to make this a more colorful and filling dish.

Makes: 6 servings

Source: adapted from foodhero.org/recipe/tuna-pasta-salad

Ingredients

- 2 cups uncooked pasta
- 2 cans (5 oz each) tuna in water - drained
- 1/2 cup summer squash (zucchini/yellow squash) (diced)
- 1/4 cup carrots (sliced)
- 1/3 cup onion (diced)
- 1/4 cup Italian dressing

Directions

1. Cook pasta according to directions on the package. Drain and rinse with cold water.
2. In a large mixing bowl, combine all remaining ingredients with the pasta and gently fold together.
3. Refrigerate until ready to serve.

Utensils Needed

- Knife
- Cutting Board
- Measuring Utensils
- Pot and Colander (for cooking pasta)



Small Changes,
BIG Difference!

Click image to watch the recipe video



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	240
Total Fat:	8 g
Saturated Fat:	1 g
Cholesterol:	20 mg
Sodium:	170 mg
Total Carbohydrates:	28 g
Dietary Fiber:	2 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	14 g

SHOPPING LIST







Average total cost without oil and seasonings: \$8.67

Average cost/serving: \$1.45

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Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

<input type="checkbox"/>		Add 1 to Cart Dry Pasta (rotini or macaroni work well)	<input type="checkbox"/>		Add 1 to Cart Fresh Carrot
<input type="checkbox"/>		Add 2 to Cart Tuna Fish In Water (5 oz)	<input type="checkbox"/>		Add 1 to Cart Red Onion (10 oz avg)
<input type="checkbox"/>		Add 1 to Cart Zucchini (9oz avg)	<input type="checkbox"/>		Add 1 to Cart Italian Dressing (8 oz bottle)

My Cooking Notes