

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Tuna Pasta Salad

Makes 10 servings

Tuna Facts:

- According to the FDA, light tuna has less mercury than albacore (or white) tuna and should be limited to no more than 6 ounces per week.
- Water versus oil packed: While tuna packed in water has less calories, both water and oil and packed can be a high-protein addition to a healthy diet. It's a matter of taste!

1 pound box whole wheat elbow pasta
1 large green or red bell pepper, chopped
2 stalks celery, chopped
¼ cup onion, finely chopped
2 (5-ounce) cans light tuna, drained
½ cup fat-free mayonnaise
¼ tsp pepper

Directions:

1. Boil pasta according to package directions. Drain and cool under cold running water.
2. In a large bowl, mix green pepper, celery, onion, tuna, mayonnaise, and pepper. Mix in pasta.
3. Cover and refrigerate.

Nutritional Information per ¾ cup serving:

Calories: 197	Carbohydrates: 24 g
Total Fat: 6 g	Cholesterol: 55 mg
Saturated Fat: 1 g	Dietary Fiber: 4 g
Sodium: 285 mg	Protein: 13 g