

Tuna Macaroni Salad



CHOICES
Steps Toward
Health

Serves 4

Salad:

- 3/4 cup carrots, washed and grated
- 3/4 cup celery, chopped
- 1 cup macaroni, uncooked
- 2 hard-cooked eggs, chopped
- 2 6-ounce cans tuna, water-packed, drained

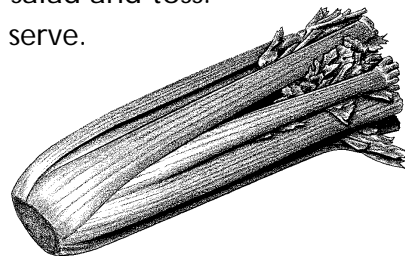
Dressing:

- 1/2 cup mayonnaise-type salad dressing, low-fat
- 2 tablespoons onion, minced
- 1/4 teaspoon black pepper

TIPS:

- Serve with green salad or vegetable soup, and fruit slices.
- Great for a picnic. Be sure to keep it cold.

1. Wash and prepare celery and carrots.
2. Boil water. Add macaroni and cook until tender, 6 to 8 minutes. Drain.
3. Combine cooked macaroni, tuna, eggs, celery, and carrots in a large bowl.
4. Stir together salad dressing, onion, and pepper.
5. Pour dressing over salad and toss.
Chill until ready to serve.



Nutrition Facts: Serving size: 1 cup; Calories: 330; Fruits and Vegetables: 1; Fat: 9 g; Fiber: 3 g



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