

TUNA PASTA SALAD

Yield: 5-6 servings | Total Preparation Time: 15 minutes



Ingredients

- 12 ounces uncooked pasta
- 6 ounces canned tuna, drained
- 2 celery stalks, diced
- 1 cup peas, drained and rinsed
- 1/2 red onion, chopped
- 1/2 cup mayonnaise
- 1/2 cup plain Greek yogurt
- Juice of 1 lemon
- Seasonings to taste (we recommend salt or celery salt, pepper, dill and garlic)

Instructions

1. Cook pasta according to package instructions.
2. In a large bowl combine chopped onion, celery, peas and drained tuna.
3. In a separate bowl mix mayo, lemon juice and Greek yogurt.
4. Combine all ingredient together and evenly coat.
5. Refrigerate for at least 30 minutes prior to serving.

Greek yogurt is a fantastic low-fat, low-calorie replacement for mayonnaise and sour cream. Tuna is an excellent source of lean protein. Serve this dish over greens or with a side of veggies to make it MyPlate-friendly.

