

Tuna Macaroni Salad

Serves 4

SALAD:

$\frac{3}{4}$ cup carrots, washed and grated

$\frac{3}{4}$ cup celery, chopped

1 cup macaroni, uncooked

2 hard-cooked eggs, chopped

2 6-ounce cans tuna, water-packed, drained

DRESSING:

$\frac{1}{2}$ cup mayonnaise-type salad dressing, low-fat

2 tablespoons onion, minced

$\frac{1}{4}$ teaspoon black pepper

TIPS:

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

Nutrition Facts:

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

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.

