



Tuna Macaroni Salad

Ingredients

- 1 pound elbow macaroni
- 3 ribs celery, finely chopped
- ½ cup finely diced red onion
- 1 tbsp. dried parsley
- 1 carrot, grated
- 12 oz. canned tuna, drained
- ½ cup reduced-fat mayonnaise
- ¼ cup plain non-fat yogurt
- 1 tbsp. apple cider vinegar

Servings: 8

Cost Per Serving: \$0.80



Instructions

1. Cook macaroni al dente according to package directions, drain and rinse with cold water
2. Combine celery, onion, parsley, carrot and tuna in a large bowl and add macaroni
3. In a small bowl, combine mayo, yogurt and apple cider vinegar and pour over macaroni
4. Cover and refrigerate until ready to serve

Flip over for Nutrition Information!



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Nutritional Information

Calories per Serving: 312

Fat: 4 g

Protein: 18 g

Carbohydrates: 48 g

Fiber: 3 g



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