



**Greater Cleveland
Food Bank**

Sweet Pea & Tuna Pasta Salad



Ingredients

4 cups pasta (whole wheat)
1 1/2 cups frozen (thawed) or
canned (drained) peas
1/2 red onion, chopped
2 6-ounce cans tuna, drained
1/3 cup olive oil
1/4 cup red wine vinegar
1/2 teaspoon Dijon mustard
1 tbsp dried parsley (optional)
kosher salt and black pepper

Directions

- Bring a large pot of salted water to a boil. Cook pasta until almost done. Drain, then rinse under cold water.
- In a large serving bowl, combine pasta, peas, onion, parsley and the tuna.
- To prepare dressing, in a separate bowl, whisk together the vinegar, mustard and the salt and pepper to taste.
- Combine dressing with pasta and serve.

Serves 6



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TUNA - packed with OMEGA 3 FATTY ACIDS, which are great for heart health. Tuna is also a great source of protein.

WHOLE WHEAT PASTA - contains more fiber and minerals than white pasta, keeping you fuller longer and helping us meet our daily fiber requirements (try not to eat more than 1 cup per serving)

PEAS - peas are packed with B vitamins, which help give us energy!



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