

TUNA PASTA SALAD

Servings: 5-6

Prep time: 30 mins

Cook time: 10 mins

Total time: 40 mins

EQUIPMENT:

- Measuring cups
- Measuring spoons
- Large pot with lid
- Wooden spoon
- Colander
- Potato peeler
- Large bowl
- Cutting board
- Cheese grater
- Sharp knife
- Can opener
- Small bowl
- 2 forks
- 2 small spoons
- Spatula
- 5-6 airtight containers

INGREDIENTS:

- 6 cups water
- 1 package whole wheat pasta
- 1.5 cups frozen peas
- 1 large carrot, shredded
- 2 stalks celery, diced
- 1 bell pepper, any colour, diced
- 1 bunch fresh dill, finely chopped
- 2 cans tuna in water, drained

Dressing:

- 1/3 cup 0% plain Greek yogurt
- 1/3 cup olive oil mayonnaise
- 1 tbsp white wine or red wine vinegar
- 1 tbsp Dijon mustard
- 2 minced garlic cloves
- 1/4 tsp salt (optional)
- 1/2 tsp pepper

STORAGE:

- Portion leftovers into airtight containers and store in the refrigerator for up to 4 days.

NUTRITION FACT:

Tuna is high in omega 3 fats, which are important for heart health, brain health and reducing inflammation!



DIRECTIONS:

1. **Cook pasta:** Add 6 cups water to a large pot and bring to a boil on high heat with lid on. Add a dash of salt to help water boil faster. Once boiling, add whole package of pasta. Boil for 5 mins, then add frozen peas and cook for another 5 mins (10 mins total).
2. **Grate carrot:** Meanwhile while water is boiling, wash and peel carrot using potato peeler. Using a cutting board and cheese grater, grate 1 large carrot into small shreds. Add shredded carrot to a large bowl.
3. **Chop veggies:** Using a cutting board and sharp knife, chop celery and bell pepper into small pieces. Chop dill into fine pieces. Add to large bowl.
4. **Drain pasta:** Place colander in the sink and pour in pasta to drain water.
5. **Prep tuna:** Using can opener, open 2 cans of tuna, drain water into sink. Add to large bowl using a fork.
6. **Make dressing:** Whisk dressing ingredients into a small bowl with a fork.
7. **Mix:** Add pasta to large bowl, then add dressing over top. Stir until well combined and completely coated.