

Grandma Irma's Tuna Pasta Salad



This well balanced recipe features canned tuna which is a great source of protein and omega-3 fatty acids.



Nutrition Info

- Makes:** 36 fluid ounces
= 4 ½ cups
= 1065 milliliters (mL)
- Calories:** 1030 kcal
- Kcals/ mL:** 0.97 kcal/ mL
- Carbohydrate:** 49%
- Protein:** 22%
- Fat:** 29%

Make it for the whole family:

<http://www.juliasbookbag.com/2013/10/its-tuna-noodle-casserole-day.html>.

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Ingredients

- 2 cups 2% milk
- 1 ½ cups cooked 51% whole grain pasta such as elbows
- ½ cup fresh mushrooms, sliced
- ½ cup green bell peppers, chopped
- ½ cup red bell peppers, chopped
- 2 tablespoons fresh sweet onion, chopped
- 2 tablespoons shredded cheddar cheese
- 1 tablespoon olive oil
- ¼ cup parsley
- 3 ounces light tuna, canned in water, liquid drained
- Optional: ground black pepper

Preparation

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

- Can opener
- Chef knife
- Cutting board
- Medium pot
- High powered blender
- Measuring tools:

- 1 cup, ½ cup, ¼ cup
- Tablespoon
- Teaspoon

Tips

For a warm Tuna Noodle Casserole, saute peppers and onion first then bake the mixture in the oven at 350 degrees F for approximately 20 minutes. Cool before blending.



For more recipes and information visit www.CookingForTubies.com
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