

Tuna Pasta Salad (THM S)

Serves 6-8

Ingredients:

- *One box of Dreamfields Elbow noodles
- Two cans of tuna, drained
- 1 Green Bell Pepper
- 2 Stalks of Celery
- ½ an Onion
- 1 and ½ tsp of mineral salt
- 1 tsp of Black Pepper
- ** 1 Cup Mayo

Directions:

In a large pot, boil pasta according to directions on box. Drain and rinse under cold water to cool, then set aside.

While pasta is cooking and cooling, chop pepper, celery, and onion into bite sized pieces.

In a small fry pan, sauté onion for a few minutes with a bit of oil (this is an optional step but takes away a bit of the bite of raw onion).

In a large mixing bowl, combine all ingredients. Mix well. Place in a sealed container and put in fridge a half hour before desired eating time.

Notes:

* Other on plan pasta may be used but may make this dish a crossover rather than an S.

** You can lighten this dish by using ½ cup of Mayo, and a ½ cup of 0% Greek yogurt or our Almond Milk Yogurt.