Seashell Salad

This is one of my favorite recipes to share with people. It is quick and easy to prepare and is friendly on the budget.

Ingredients:

1¾ cup pasta shells
½ cup celery, chopped*
⅓ cup carrots, grated*
⅔ cup sour pickles
½ cup onion, chopped*
12½ ounces light tuna in water*
½ cup light mayonnaise
¼ cup low-fat plain yogurt

1. Wash hands and cooking area.
2. Clean tops of canned food items before opening them.
3. Cook dry pasta shells in water until tender and allow pasta to cool.
4. Wash and chop celery, carrots, pickles, and onions.
5. Add tuna, chopped vegetables, mayonnaise and yogurt to mixing bowl and mix gently.
6. Chill salad and serve on lettuce with sliced carrots.

Encourage your family to make mealtimes meaningful by having conversation. Not sure what to talk about?

Visit the Family Dinner Project website at http://thefamilydinnerproject.org for conversation starters. Mix it up a little bit by putting several conversation starters in a jar and letting everyone take a turn picking a question.