

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

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 9	
Amount Per Serving	
Calories 200	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 390mg	16%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 16g	
Vitamin A 15%	• Vitamin C 2%
Calcium 4%	• Iron 10%

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 is up a little bit by putting several conversation starters in a jar and letting everyone take a turn picking a question.

