



# Tuna Macaroni Salad

WSU Extension



## Ingredients



2 cups macaroni, uncooked  
2 cans water-packed tuna  
1 c chopped zucchini  
1 c chopped carrots  
1/3 c diced onion  
1/2 c reduced fat mayonnaise  
1/2 tsp. salt  
1/2 tsp. garlic powder  
1/4 tsp. black pepper.

Yield: 6 cups  
Serving Size: 1 cup



## Directions



1. Cook macaroni . Drain off liquid, let cool, and put into a medium bowl.
2. Drain tuna and add to macaroni
3. Add zucchini, carrots, onions, mayonnaise, salt, garlic powder, and pepper.
4. Mix gently and chill until serving.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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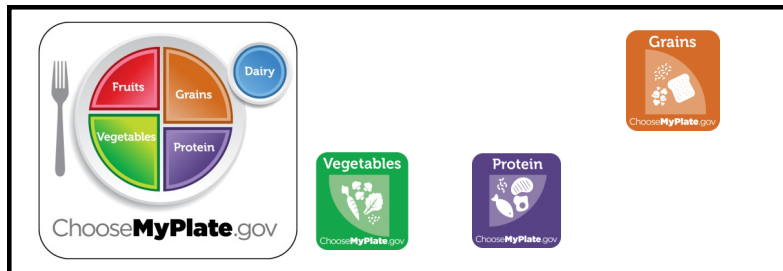
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Serve on a bed of chopped lettuce or lettuce leaves

## Nutrition Facts



### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 c</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.9g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	<b>24%</b>
Vitamin D 1.8mcg	<b>8%</b>
Calcium 26mg	<b>2%</b>
Iron 1.08mg	<b>6%</b>
Potassium 282mg	<b>6%</b>
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

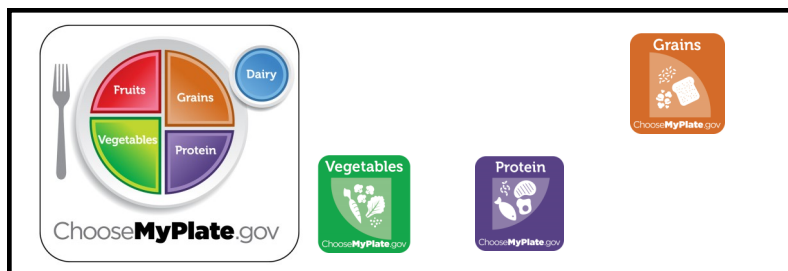
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