



The Kitchen at Second Harvest Tuna Macaroni Salad try at home recipe

Recipe modified from WSU Extension

flip to learn more!



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.

Find more recipes, free classes,
and ways to get involved!



secondharvestkitchen.org



The Kitchen at Second Harvest Tuna Macaroni Salad try at home recipe

Recipe modified from WSU Extension

flip to learn more!



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.

Find more recipes, free classes,
and ways to get involved!

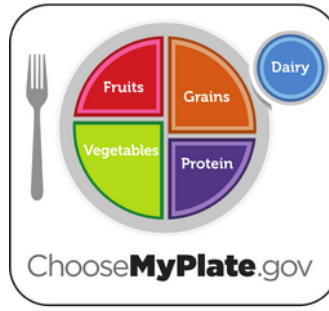


secondharvestkitchen.org

Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.

Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

Cooking Tips

- Serve on a bed of of chopped lettuce, spinach, or kale
- Add any veggies you like!

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.



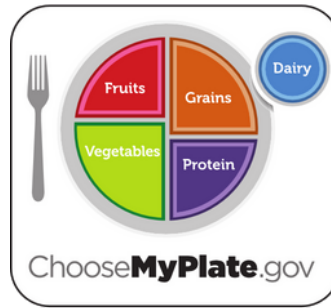
Nutrition Facts

Nutrition Facts	
6 servings per container	
Serving size	1 c
Amount Per Serving	210
Calories	
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.9g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 410mg	18%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 1.8mcg	8%
Calcium 26mg	2%
Iron 1.08mg	6%
Potassium 282mg	6%
*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.	

Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.

Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

Cooking Tips

- Serve on a bed of of chopped lettuce, spinach, or kale
- Add any veggies you like!

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.



Nutrition Facts

Nutrition Facts	
6 servings per container	
Serving size	1 c
Amount Per Serving	210
Calories	
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.9g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 410mg	18%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 1.8mcg	8%
Calcium 26mg	2%
Iron 1.08mg	6%
Potassium 282mg	6%
*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.	