



RECIPE OF THE Month

Pasta Salad Nicoise

- ¼ pound fresh green beans, cut in lengths of 1-2 inches, lightly steamed
- ¼ cup kalamata olives, pitted and halved
- ½ cup red onion, chopped
- ½ cup parsley, minced
- 1 tbsp capers
- 15 grape or cherry tomatoes, halved
- 1 clove garlic, minced
- 2 tbsp olive oil
- 3 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 2 6½-oz cans water-packed tuna, drained and flaked
- 1 pound rotini pasta, cooked

- 1 Combine first 6 ingredients in a large bowl.
- 2 Combine garlic, olive oil, vinegar and mustard in a small container with lid and shake well.
- 3 Pour dressing over vegetables and stir to coat.
- 4 Fold in tuna and pasta with vegetables. Refrigerate or serve immediately.

MAKES 8 SERVINGS (about 1 ½ cups each):

PER SERVING: 262 calories | 8.25g protein | 5.2g total fat | .6g saturated fat | .75mg cholesterol
47g carbs | 2.7g fiber | 101mg sodium