

Tuna Pasta Salad



Dressing:

3 tbsp olive oil	2 tbsp fresh lemon juice
1 tsp Dijon mustard	
½ lb. fresh green beans	¼ cup chopped fresh basil (or 1 tsp dried)
1 cup grape tomatoes, halved	2, 6½ oz. cans water-packed tuna, drained
½ cup red onion, chopped	8 oz. whole-wheat rotini pasta, cooked
¼ cup pitted Kalamata olives, sliced	

EASY | RECIPE

1. Whisk dressing until creamy.
2. Trim and cut beans into 1½-inch pieces. Steam until fork-tender (8-10 minutes); rinse under cold water.
3. Place beans in a large bowl with tomatoes, onion, olives and basil.
4. Gently add tuna, pasta and dressing to vegetables. Serve with lemon slices; add salt and pepper to taste.

Makes 10 cups. Per cup:

209 calories | 15.5g protein | 7.7g total fat | 1g saturated fat | 4.6g mono fat | 1g poly fat
| 19.4mg cholesterol | 22g carbohydrates | 3.5g sugar | 2.6g fiber | 244mg sodium