

The UTEP Food Pantry
Presents:

Recipe of the Month



TUNA PASTA SALAD

(2 servings)

Ingredients

- 1 Box of Pasta
- 1 Can of corn (drained)
- 1 Can of mixed vegetables (drained)
- 2 Cans of tuna (drained)

OPTIONAL:

- 1/2 Cup of mayonnaise
- Any hot sauce (Valentina, Tabasco, etc.)



Directions

1. Cook the pasta according to packet directions. For additional flavor, add a clove of garlic and a pinch of salt to the water while boiling, and remove the garlic clove once you drain the pasta



Directions

2. Add the drained corn, vegetables, and tuna to a bowl and mix lightly.

3. Add the drained pasta to the same bowl and mix well.

OPTIONAL STEP:

4. Add in the mayonnaise and mix. Once incorporated, add the hot sauce and serve.



Nutrition Facts

(per serving)

Total Fat: 10.3g

Cholesterol: 58mg

Sodium: 1534 mg

Total Carbohydrate: 49.6g

Protein: 21.4g

Calcium: 31mg

Iron: 3mg

Potassium: 411mg

Calories: 373

