

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Green Bean and Tuna Salad



Servings: 8

### *Ingredients:*

- 1 package elbow macaroni (about 14 ounces)
- 1 can low-sodium green beans (drained, about 15 ounces)
- 1 can tuna packed in water (drained and flaked with a fork, about 5 ounces)
- ½ cup sweet pickles
- ½ cup onions (diced)
- 1 container plain, low-fat yogurt (about 5 ounces)
- ½ cup mayonnaise
- 1½ tablespoons lemon juice
- ½ teaspoon pepper



### *Directions:*

1. Prepare elbow macaroni according to package directions and drain.
2. Add green beans, tuna, pickles and onions. Mix together.
3. Stir in yogurt, mayonnaise, lemon juice, and pepper.
4. Chill in refrigerator before serving.

**Nutrition Facts:** Each serving provides 335 Calories, 12g Total Fat, 2g Saturated Fat, 192mg Sodium, 43g Total Carbohydrate, 3g Dietary Fiber, 14g Protein

