

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Creamy Pasta Salad *(Makes 6 servings.)*

Ingredients

- 2 c. dry elbow macaroni
- 1 c. plain low-fat yogurt
- ¼ c. light mayonnaise
- 1½ Tbsp. lemon juice
- ½ tsp. black pepper
- ¼ c. sweet pickle relish (optional)
- 1 can green peas, drained & rinsed
- 1 (12-oz.) can tuna in water, drained & flaked
- ½ c. onions, diced

Directions:

1. Prepare macaroni according to package directions. Drain, and rinse under cold water until cooled.
 2. In large bowl, mix yogurt, mayonnaise, lemon juice, black pepper, and relish until combined.
 3. Add macaroni, green peas, tuna, and onions, and stir until well combined. Cover, and chill before serving.
- TIP: Try whole-wheat pasta.

Nutrition info: Serving size: 1 cup, Calories 274, Fat 4g, Protein 20g, Fiber 3g, Sodium 342mg Carbohydrate 40g.
Recipe Adapted from USDA Mixing Bowl.

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