

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## Green Bean And Tuna Salad *(Makes about 8 servings.)*

### Ingredients

- 14-oz. package elbow macaroni
- 1 can (15-oz.) green beans, drained
- 1/2 can (6-oz.) tuna packed in water, drained and flaked with a fork
- 1/2 c. sweet pickles, diced (optional)
- 1/2 c. onions, diced
- 1 c. plain low-fat yogurt
- 1/2 c. light mayonnaise
- 1 1/2 Tbsp. lemon juice
- 1/2 tsp. pepper

### Directions:

1. Prepare elbow macaroni according to package directions and drain.
2. Add green beans, onions, sweet pickles (if using) and tuna.
3. Mix yogurt, mayonnaise, lemon juice, and pepper together and toss with macaroni mixture.
4. Chill before serving.

Nutrition info: Serving size: 1 cup, Calories: 310, Total Fat: 6 g, Saturated Fat: 1 g, Cholesterol: 20 mg, Sodium: 333 mg, Total Carbohydrate: 47 g, Dietary Fiber: 3 g, Sugars: 7 g, Protein: 15 g. *Recipe adapted from SNAP-ED Connection.*

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