

Quick'N Cool Summer Salad

8 servings

Ingredients:

- 14 ounces elbow macaroni
- 1 can green beans
(16 ounce, drained, or other vegetable)
- 1 can tuna packed in water
(6.5 ounces, drained and flaked)
- 1 cup cheese (diced)
- 1/2 cup sweet pickles (diced)
- 1/2 cup onion (diced)
- 1 cup yogurt, plain
- 1/2 cup mayonnaise, light
- 1 1/2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon seasoned pepper



Preparation:

1. Prepare elbow macaroni according to package directions and drain.
2. Add vegetables, tuna, onions, cheese, and pickles.
3. Mix yogurt, salad dressing, lemon juice, salt and seasoned pepper.
4. Toss with macaroni mixture.
5. Chill before serving.
6. Refrigerate leftovers promptly.

Nutrition Facts	
Serving Size 1/8	
Servings Per Container 8	
Amount Per Serving	
Calories 360	Calories from Fat
% Daily Value *	
Total Fat 12g	
Saturated Fat 5g	
Trans Fat 0g	
Cholesterol 30 mg	
Sodium 500 mg	
Total Carbohydrate 46g	
Dietary Fiber 3g	
Sugars 6g	
Protein 18g	
Vitamin D N/A	Potassium N/A
Calcium N/A	Iron N/A
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

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