

Mediterranean Pasta Salad

Ingredients:

- 2 cans or pouches (5oz) tuna, drained and flaked
- 1 pound dry small pasta shells
- 1/2 cup chopped red onion
- 1/2 cup chopped olives
- 1 tsp lemon juice or lime juice
- 1/2 cup extra-virgin olive oil or canola oil
- 1/8 tsp ground black pepper
- 20 cherry tomatoes, cut in half

Directions:

Prepare pasta according to package directions. Drain and cool by rinsing with cold water.

1. Toss pasta with 1/4 cup olive oil. Set aside.
2. Combine tuna, onion, olives, lemon juice, remaining olive oil, black pepper, tomatoes, and parsley.
3. Add pasta shells to tuna mixture and toss, then mix in feta cheese

Serving Size/Yield: 8

Tips & Facts:

- ✓ Cut up any fresh vegetables in season to enhance the nutritional value of the salad
- ✓ Can you other "acid" ingredients you have on hand-red or white wine vinegar, cider vinegar works well too

Nutrition Facts (per serving):

Calories: 380cal
Carbohydrates: 46g
Total Fat: 17 g
Protein: 13 g
Fiber: 3g
Cholesterol: 5mg
Sodium: 360 mg

Cost Analysis

Ingredients	Cost of Ingredients	Cost needed for recipe
Tuna	\$.99	\$1.98
Pasta shells	\$.88	\$.88
Red onion	\$.89	\$.89
Olives	\$1.79	\$1.20
Lemon juice	\$.99	\$.04
Olive Oil	\$5.39	\$1.28
Black pepper	\$1.79	\$.02
Cherry Tomatoes	\$3.49	\$2.00
Feta Cheese	\$5.49	\$5.49
TOTAL	\$21.70	\$12.89 cost per serving: \$1.61