Dinner

Creamy Tuna Quinoa Pasta Salad

A chilled quinoa pasta salad tossed with tuna, crunchy diced vegetables, green olives, and a creamy yogurt and mayo dressing.

16 min	230	27 g	0 g
time	calories	carbs	sugars



Nut free

Ingredients, 6 servings

- [ ] 1 1/2 cup uncooked quinoa pasta
- [ ] 2 stalks celery (diced)
- [ ] 2 med carrots (diced)
- [ ] 1/2 med red pepper (diced)
- [ ] 1/4 small onion(s) (diced)
- [ ] 1/4 cup green olives (diced)
- [ ] 11 oz flavor fresh tuna (pouch in water)
- [ ] 1/4 cup plain nonfat Greek yogurt
- [ ] 3 tbsp light mayonnaise
- [ ] 1/4 tsp black pepper

Method

- [ ] 1 Boil the quinoa pasta as the package directs, without adding salt, then drain it and rinse under cold water until cool.
- [ ] 2 In a medium bowl, stir together the celery, carrots, red pepper, onion, green olives, tuna, Plain Nonfat Greek yogurt, light mayonnaise, and black pepper.
- [ ] 3 Add the cooled quinoa pasta to the bowl and toss until everything is evenly coated, then serve.

Nutrition Facts

Per serving

Calories	**230**
Total fat	7 g
Saturated fat	1 g
Sodium	370 mg
Total carbs	27 g
Fiber	1 g
Total sugars	0 g
Protein	16 g

diabic.com/recipes

Scan to open this recipe and its shopping list