



PREPARATION: 10 MINUTES

REFRIGERATE: 2 HOURS

4 SERVINGS

TUNA PASTA SALAD

INGREDIENTS

2 cups spiral pasta
(or other short pasta)
1 cup green beans, cut into
1-inch pieces
4 tablespoons olive oil
2 tablespoon mayonnaise

2 tablespoon lemon juice
1 garlic clove, minced
1 can (170g) tuna,
no salt added, drained*
1 tablespoon lemon zest
¼ cup chopped fresh basil

* or rinse salted tuna before use

PREPARATION

- 1 Cook pasta according to instructions on package. Add the green beans to the pasta for the last 3 minutes of cooking. Drain pasta and beans and rinse with cold water to stop the cooking process. Set aside.
- 2 In a large bowl, prepare the dressing. Combine olive oil, mayonnaise, lemon juice, and garlic. Add pepper to taste.
- 3 Add the pasta and beans to the bowl with the dressing. Toss ingredients together. Add the tuna flakes, lemon zest, and basil. Gently toss and refrigerate for 2 hours before serving.

TIP: You can prepare this salad a day in advance.

Nutrient Analysis	
PER SERVING:	
¼ of recipe	
RENAL EXCHANGE:	
2 Protein + 2 Starch	
Calories	396 Kcal
Protein	17 g
Carbohydrates	37 g
Fibre	2 g
Total Fat	20 g
Saturated Fat	3 g
Cholesterol	14 mg
Sodium	68 mg
Potassium	265 mg
Phosphorus	165 mg