

ITALIAN TUNA PASTA SALAD



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ideal Protein Rotini	2 packages	Freshly Cracked Pepper	¼ Tsp.
Olive Oil	½ Tbsp.	Onion White or Red, Diced	½ Cup
Distilled White Vinegar	1 Tbsp.	Cucumber, Dried	½ Cup
Salt	1 Tsp.	Halved Cherry Tomatoes	½ Cup
Lemon Juice	1 Tbsp.	Sweet Pepper, Diced	½ Cup
Garlic Cloves, Minced	1	Tuna Preferably Albacore, Drained & Flaked	1 Can
Basil, Dried	1½ Tsp.	Cheese for Maintenance	1½ Cup
Thyme, Dried	½ Tsp.		



PREPARATION

- ✔ Cook the pasta according to package instructions until al dente. Drain and set aside to cool.
- ✔ In a small bowl, whisk together the olive oil, white vinegar, salt, lemon juice, minced garlic, dried basil, dried thyme, and cracked pepper. Set aside.
- ✔ In a large mixing bowl, combine the cooled pasta, diced sweet onion, diced cucumber, halved cherry tomatoes, diced sweet pepper, and flaked tuna.
- ✔ Pour the prepared dressing over the pasta and tuna mixture. Toss gently to coat all the ingredients with the dressing.
- ✔ Taste and adjust the seasonings if needed.
- ✔ Cover the bowl and refrigerate for at least 1 hour to allow the flavors to blend together.
- ✔ Before serving, give the pasta salad a good stir. If desired, garnish with additional grated cheese.
- ✔ Enjoy!