

TUNA PASTA SALAD

INGREDIENTS

ITEM	QUANTITY
• Gluten-free Pasta Appropriate for a Low-fodmap Serving	8 Oz
• Tuna in Water, approximately 5 oz, drained	1 Can
• Diced Cucumber	½ Cup
• Shredded Carrots	½ Cup
• Diced Red Bell Pepper	¼ Cup
• Sliced Green Onion Tops	2 Tbsps.
• Chopped Fresh Chives	2 Tbsps.
• Mayonnaise	¼ Cup
• Fresh Lemon Juice	1 Tbsp.
• Dijon Mustard	1 Tsp.
• Chopped Fresh Parsley	1 Tbsp.
• Salt and Black Pepper, to taste	

SERVING SIZE **¼ OF RECIPE**

PREPARATION

- Cook the pasta according to package directions.
- Drain and rinse under cool water. Allow to cool completely.
- In a large bowl, combine the pasta, tuna, cucumber, carrots, red bell pepper, green onion tops, chives, and parsley.
- In a separate bowl, whisk together the mayonnaise, lemon juice, Dijon, salt, and pepper.
- Pour the dressing over the pasta mixture.
- Toss gently until evenly coated.
- Refrigerate for at least 30 minutes before serving.

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