

REAL SIMPLE

HANDS-ON TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES

MAKES 4-6 SERVINGS



Sweet Pea and Tuna Salad

INGREDIENTS

- 4 cups short pasta, such as shells or orecchiette
- 1½ cups frozen peas, thawed
- 1 stalk celery, chopped
- ½ red onion, chopped
- ⅓ cup roughly chopped fresh flat-leaf parsley
- 2 6-ounce cans tuna, drained
- ½ cup olive oil
- ¼ cup red wine vinegar
- 1 teaspoon kosher salt
- ½ teaspoon Dijon mustard
- ¼ teaspoon freshly ground black pepper

Cook the pasta according to the package directions. Drain and rinse under cold running water. In a large bowl, combine the pasta, peas, celery, onion, parsley, and tuna. In a small bowl, whisk together the oil, vinegar, salt, mustard, and pepper. Pour over the salad and gently toss. Serve at room temperature or chilled.

Nutrition Per Serving

Calories 497 (29% from Fat) • Fat 16g (Sat 2g) • Protein 27mg; Cholesterol 19mg
Calcium 44mg • Sodium 510mg • Fiber 5g; Carbohydrate 59g • Iron 5mg

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