# Quick'N Cool Summer Salad 8 servings

## Ingredients:

14 ounces elbow macaroni
1 can green beans

(16 ounce, drained, or other vegetable)

1 can tuna packed in water

(6.5 ounces, drained and flaked)

1 cup cheese (diced)
1/2 cup sweet pickles (diced)
1/2 cup onion (diced)
1 cup yogurt, plain
1/2 cup mayonnaise, light
1 1/2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon seasoned pepper

#### **Preparation:**

1. Prepare elbow macaroni according to package directions and drain.

2. Add vegetables, tuna, onions, cheese, and pickles.

3. Mix yogurt, salad dressing, lemon juice, salt and seasoned pepper.

4. Toss with macaroni mixture.

5. Chill before serving.

6. Refrigerate leftovers promptly.

				_
Nut	ritic	on	Fa	cts
Serving Size				•••
Servings Pe		er 8		
Continger o	Contain			
Amount Per	Serving			
Calories 38			Calories f	rom Fat
			0010111001	
			% Dail	y Value *
Total Fat 12				
	ed Fat 5	)		
Trans F				
Cholesterol				
Sodium 500	) mg			
Total Carbol	hydrate 4	16g		
Dietary	Fiber 3g			
Sugars	6g			
Protein 18g				
Vitamin D	N/A	P	otassium	N/A
Calcium	N/A	Ir	ron	N/A
Percent Daily	Values are	based o	n a 2.000 ca	lorie
diet. Your daily				
on your calorie			0.000	0.000
Total Fat		lories: is than	2,000	2,500
Saturated F		is than	20g	25g
		ss than	300mg	300mg
Choresterol		is than	2,400mg	
Sodium		sa than		
Cholesterol Sodium Total Carbohys Dietary Fibe	arate	ss than	300g 25g	375g 30g

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Nutrit		Fa	cts			
Serving Size 1/8						
Servings Per Co	ntainer 8					
Amount Per Service	ving					
Calories 360		Calories f	rom Fat			
		% Dail	y Value *			
Total Fat 12g		11 6161	1 1000			
Saturated Fat 5g						
Trans Fat 0g						
Cholesterol 30 mg						
Sodium 500 mg						
Total Carbohydrate 46g						
Dietary Fiber 3g						
Sugars 6g						
Protein 18g						
Vitamin D N/A	P	otassium	N/A			
Calcium N/A	Iron		N/A			
"Percent Daily Values are based on a 2,000 calorie diet.Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500						
Total Fat	Less than	659	809			
Saturated Fat	Less than	20g	25g			
Cholesterol Sodium	Less than Less than	300mg 2,400mg	300mg			
Sodium Total Carbohydrate	Less than	2,400mg 300g	2,400mg 375g			
Dietary Fiber		25g	30g			
Catories per gram: Fat 9 · Carbohydrate 4 · Protein 4						





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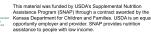
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