

# Tuna and veggie pasta salad

Food Foundations • another NAQ Nutrition program

## Ingredients

### Serves: 5

- 350g dry bow-tie pasta
- 425g tin tuna in springwater
- 125g tin corn
- 1 cucumber
- 250g cherry tomatoes
- 1 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil

## Method:

1. Cook pasta according to packet directions. Drain, cool and place in bowl.
2. Drain liquid from tinned tuna and corn and add to pasta.
3. Dice cucumber and halve cherry tomatoes and add to pasta.
4. Toss through balsamic vinegar and olive oil, cover and store in the fridge until ready to serve.

## Note:

- *Vegetables in this recipe could be substituted for broccoli, baby spinach, red onion, red/yellow capsicum, or celery.*
- *This is a great way to use up any left-over pasta from a dinner meal. Cooked pasta is a high risk food, so make sure you store and handle it safely.*
- *For extra flavour, add in some fresh parsley or basil.*

Food Group	Serves provided per portion
Vegetables	1.5
Lean meats and legumes	0.85
Grain foods	2