

Tuscan Pasta Salad

1. In a large pot of boiling water, add:

Whole Wheat Pasta (rotini or macaroni) 2 cups

Cook until tender (about 8 minutes). Drain pasta, rinse with cool water and place in a large bowl.

2. Add:

Onion, chopped	1 small
White kidney beans, drained and rinsed	1 can (540 ml)
Tomatoes, diced	1 large
Tuna, drained	1 can (170 grams)

3. In a separate bowl, make the dressing:

Canola Oil	3 tablespoons
Garlic Powder	2 tablespoons
Lemon Juice	2 tablespoons

Pour dressing over mixture.

4. Optional: Sprinkle with fresh or dried parsley and enjoy!

Serves 6

