



Simple Tuna Macaroni Salad

Chef's Note: Add vegetables to give it extra color and crunch. Yellow bell peppers, shredded carrots, sliced ripe or green olives, diced cucumber, and diced plum tomatoes are just a few of the possibilities. Tuna is the protein in the dish, but diced cooked chicken, turkey, or ham are good choices as well. Or make it with small cooked shrimp, diced lobster, or crab meat.

Ingredients

8 oz. small shell macaroni (or elbows)	1/2 c celery (chopped)
6 oz. can tuna (drained, flaked with a fork)	1/4 c bell pepper (chopped, mixed colors)
3/4 c mayonnaise (or as needed to moisten)	1 tsp salt (or to taste)
2 TBSP onion (finely chopped)	1/4 tsp ground black pepper

Prep: 20 min + Cook: 8 min

Serves: 6

Nutrition

Calories	284
Fat	22g
Carbs	11g
Protein	10g

Directions

1. Cook the macaroni according to package directions for al dente.
2. Drain in a colander, rinse with cold water, and transfer to a large bowl.
3. Add tuna to the macaroni along with mayonnaise and onion. Stir to combine, and let it stand for 5-10 minutes.
4. Add chopped celery and bell pepper. Add more mayonnaise as needed to moisten.
5. Taste and add salt and pepper as desired.
6. Cover the bowl and chill until serving time.

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