

MAYO-LESS TUNA SALAD

“This salad comes together in minutes and it’s a great way to make canned tuna a little fancier. This would also work with canned salmon or crab meat instead, any pasta shape would do.”

Servings: 2 • **Size:** 1/2 of recipe • **Calories:** 271.7 • **Fat:** 10.7 g • **Carb:** 22.9 g • **Fiber:** 3.5 g • **Protein:** 24.6 g • **Sugar:** 1.4 • **Sodium:** 462.9

INGREDIENTS

- ✓ 5 oz canned albacore tuna, drained
- ✓ 1 tbsp capers, drained
- ✓ 1 tbsp extra virgin olive oil
- ✓ 1 tbsp red wine vinegar
- ✓ 2 cups arugula
- ✓ 1 cup cooked pasta (from 2 oz dry)
- ✓ fresh black pepper
- ✓ .5 oz fresh shaved parmesan

DIRECTIONS

In a large bowl **toss** tuna with capers, oil, vinegar, arugula, pasta and pepper. **Divide** on two plates and top with shaved parmesan.



Found on: skinnytaste.com