



Spaghetti Tuna Salad

Serves 4

Ingredients

- 8 oz Dreamfields spaghetti
- 8 oz peas
- 8 oz canned white tuna, drained and
- 4 tablespoons low-fat vinaigrette

Instructions

- 1 Boil the spaghetti until al dente (about 9-11 minutes) and drain
- 2 While the pasta is cooking, spray a skillet with nonstick cooking spray and fry the beans over medium heat until tender
- 3 Combine ingredients in a large bowl and mix well. Enjoy!

Notes

- Calories: 308
- Grass: 2 g
- Protein: 24 g
- The digestible carbohydrates: 12 g

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