



Southwest Tuna Penne Pasta Salad Recipe



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Servings: 2 servings

Contains: Whole Wheat

Ingredients

- 1-2 cups of whole wheat penne (also use Banza or some other grain free pasta for gluten or wheat allergies)

Southwest Tuna Salad (2 servings):

- 6 oz can of tuna
- ¼ cup of chopped radishes
- ¼ cup of chopped red bell pepper
- ¼ cup of chopped orange bell pepper
- 2 tablespoon of cilantro
- ¼ cup of chopped cucumber
- 2 oz of Sour cream

Southwest Mix (2 servings):

- 1 teaspoon of chili powder
- ¼ teaspoon of ground cumin
- 1 teaspoon of paprika
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- ½ tablespoon garlic powder
- ¼ teaspoon crushed red pepper flakes
- 1/2 teaspoon of salt

Instructions

- 1.) Wash, Peel, and Chop/Slice Vegetables.
- 2.) Mix sour cream and seasonings (this is the sauce). Add vegetables, and mix thoroughly.
- 3.) Cook wheat penne pasta (or other pasta) according to instructions
- 4.) Mix pasta and canned tuna in sauce, until well-incorporated.

Nutrition Facts

Serving size: 1 oz

Servings: 2

Amount per serving	78
Calories	% Daily Value*
Total Fat 6.4g	8%
Saturated Fat 3.8g	19%
Cholesterol 12mg	4%
Sodium 611mg	27%
Total Carbohydrate 4.7g	2%
Dietary Fiber 1.3g	5%
Total Sugars 0.8g	
Protein 1.6g	
Vitamin D 0mcg	0%
Calcium 42mg	3%
Iron 1mg	3%
Potassium 121mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

*Calorie breakdown for Sauce

