

PASTA SALAD *with Tuna*

4 servings

8 oz	PASTENE Fusilli	250 g
1	can (6 oz/198 g) PASTENE Light Meat Tuna (Tonno) in oil	1
10 oz	green beans, cut up and cooked	300 g
½ cup	PASTENE Pitted Olives, sliced	125 mL
2 tbsp	fresh chives, chopped	30 mL
3 tbsp	PASTENE Extra Virgin Olive Oil	45 mL
1 tbsp	PASTENE Wine Vinegar salt and pepper	15 mL

- Cook pasta in boiling salted water until al dente; drain and place in a large bowl.
- Drain tuna and crumble. Add to pasta, along with green beans, olives and chives.
- In a jar with a tight-fitting lid, shake together oil, vinegar, salt and pepper. Toss with pasta and serve immediately.

TUNA *Salad*

4 servings

1	can (6 oz/198 g) PASTENE Light Meat Tuna (Tonno), drained	1
1	carrot, grated	1
2 tsp	PASTENE Balsamic Vinegar	10 mL
1 tbsp	PASTENE Extra Virgin Olive Oil	15 mL
2 tbsp	PASTENE Capers in Vinegar, drained	30 mL
2	green onions, sliced	2

- In a bowl, flake tuna with a fork. Add carrot, vinegar, olive oil, capers and green onions. Toss well before serving.
- Can also be used as a sandwich filling.

