



Mediterranean Greek Pasta Salad

1 c. whole grain pasta
4 oz. can tuna packed in water, drained and chunked
1 15 oz can no salt added white beans
½ cucumber, chopped
1 c. cherry tomatoes, cut in half
¼ c. red onion, finely diced
½ c. Kalamata olives, sliced
Fresh basil, finely sliced
Lots of spinach, lettuce, greens of choice, chopped or torn

Cook pasta as directed until al dente, drain and cool.

Combine all ingredients and drizzle with dressing **or** divide ingredients into 4-one quart mason jars starting with 3 Tb. dressing and layering with pasta, veggies, herbs, tuna and greens on top.

Creamy Greek Salad Dressing

¼ c. olive oil
¼ c. plain yogurt
2 Tb. lemon juice (1/2 lemon)
1 tsp. lemon zest
1 clove garlic
2-3 Tb. feta cheese
1-2 tsp. Siracha hot sauce

Whip all ingredients in a blender until creamy. Makes ¾ cup.

Per serving: 320 kcal, 19 g. fat, 4 g. sat. fat, 25 mg cholesterol, 390 mg sodium, 25 g. carbs, 7 g. fiber, 17 g. protein, 100% vitamin A, 40% vitamin C, 25% calcium, 15% iron