



ALTERED ATHLETICS

TUNA PROTEIN PASTA SALAD

Calories: 420

Protein: 42g | **Carbs:** 35g | **Fat:** 10g

Ingredients:

Tuna in water (StarKist or Wild Planet)
– 120g drained

Banza chickpea pasta (cooked) – 100g

Celery – 30g

Dill pickles – 20g

Red onion – 20g

Greek yogurt (non-fat) – 60g

Dijon mustard – 5g

Lemon juice – splash

Directions:

Mix tuna, yogurt, mustard, and lemon juice in a bowl.

Add pasta and chopped veggies.

Mix until creamy and chilled.