

From Lisa's Kitchen: Tuna & White Bean Pasta Salad

Pasta salad can be a good choice for a hot summer's lunch or dinner. Tuna and white beans combine to provide low-fat protein. Lighten it up by using non-fat yogurt and choose multi-grain pasta such as Barilla Plus. Yum!

Tuna Pasta Salad

serves 6

- ¼ cup light mayonnaise
- ½ cup non-fat plain yogurt
- 2 tablespoons fresh lemon juice
- 1 pound cooked pasta, rinsed in cold water and drained
- 1 (6-ounce) can water-packed tuna, drained
- 1 (15-ounce) can white beans, rinsed and drained
- 1 cup cherry tomatoes, halved
- ½ cup chopped cilantro or basil

In a large bowl, whisk together mayonnaise, yogurt and lemon juice until well-combined.

Add remaining ingredients and toss to mix completely.

Refrigerate for at least 1 hour to allow flavors to combine.