



Long Livo

Creamy Tuna Pasta Salad

Quick, creamy tuna pasta salad for lunch or picnics, ready in minutes.

15 min

Prep time

4

Servings

10 min

Cook time

Easy

Difficulty

25 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 2 cups short-cut pasta (elbows or shells)
- ☐ 1 (5 oz) can tuna in water, drained
- ☐ 1/2 cup frozen peas, thawed
- ☐ 1/4 cup red bell pepper, finely diced
- ☐ 1/3 cup Greek yogurt
- ☐ 2 tbsp light mayonnaise
- ☐ 1 tbsp lemon juice
- ☐ 1 tsp lemon zest
- ☐ 2 tbsp fresh dill, chopped
- ☐ 1 tsp honey
- ☐ 1 tsp apple cider vinegar
- ☐ Salt and freshly ground black pepper to taste

Instructions

- 1 Cook the pasta in salted water until al dente, about 8-9 minutes; drain and rinse under cold water to stop cooking.
- 2 In a large bowl, whisk together Greek yogurt, mayonnaise, lemon juice, zest, honey, vinegar, dill, salt, and pepper until smooth.
- 3 Add the cooled pasta, tuna, peas, and red bell pepper to the bowl; gently fold until everything is evenly coated.
- 4 Taste and adjust seasoning with more lemon or a pinch of salt; chill for at least 10 minutes before serving.
- 5 Serve the salad on a platter, garnished with extra dill and a squeeze of fresh lemon if desired.

Nutrition per serving

320 kcal

Calories

22 g

Protein

30 g

Carbs

11 g

Fat

Tips & notes

- If the salad feels too thick, stir in a splash of cold milk or water.
- For extra crunch, sprinkle toasted breadcrumbs just before serving.
- Allow the salad to rest; the flavors meld beautifully after a short pause.