**Dinner Tonight!**

**Sea Shell Salad**

- 1 3/4 cup pasta shells
- 1/3 cup carrots, grated
- 1/2 cup onion, chopped
- 1/2 cup light mayonnaise
- 1/2 cup celery, chopped
- 2/3 cup sour pickles
- 12 1/2 ounces light tuna in water
- 1/4 cup low fat plain yogurt

Cook dry pasta shells according to package directions and allow pasta to cool. Wash and chop celery, carrots, pickles, and onions. Add tuna, chopped vegetables, mayonnaise, and yogurt to mixing bowl and mix gently. Chill salad and serve on lettuce with sliced carrots.

**Preparation Time:** 10 minutes  
**Serves:** 9  
**Cost per serving:** $0.19

**Nutrition facts per serving:**  
Calories: 200  
Total Fat: 1.5 g  
Cholesterol: 15 mg  
Sodium: 390 mg  
Total Carbohydrate: 35 g  
Protein: 16 g

Serve with: lettuce and sliced carrots