

Plate Dream

Creamy Tuna Pasta Salad

Tender pasta, flaky tuna, crisp veggies, and a silky dressing combine for a refreshing midday meal.

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz (340 g) short pasta (fusilli or rotini)
- [ ] 2 (5 oz) cans tuna in water, drained and flaked
- [ ] 1/2 cup celery, finely diced
- [ ] 1/2 cup red bell pepper, diced
- [ ] 1/4 cup red onion, minced
- [ ] 1/3 cup mayonnaise
- [ ] 1/3 cup Greek yogurt
- [ ] 2 tbsp fresh lemon juice
- [ ] 2 tbsp chopped fresh dill or parsley
- [ ] Salt and pepper to taste
- [ ] Optional: 1 tbsp capers, chopped

Instructions

1. Bring a large pot of salted water to a boil, add the pasta, and cook al dente according to package directions; drain and rinse under cold water to stop cooking.
2. While the pasta cools, whisk together mayonnaise, Greek yogurt, lemon juice, dill, salt, and pepper in a large bowl until smooth.
3. Add the flaked tuna, diced celery, bell pepper, and red onion to the bowl; gently fold to combine, keeping the tuna airy.
4. Toss the cooled pasta into the dressing, ensuring every piece is coated; taste and adjust seasoning, then chill for at least 10 minutes.
5. Serve the salad in a shallow dish, garnished with extra herbs or a sprinkle of capers if desired.

Nutrition per serving

420 kcal	24 g	36 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter sauce, increase the Greek yogurt portion and reduce mayo.
- For extra crunch, add toasted pine nuts just before serving.
- A drizzle of extra-virgin olive oil adds shine and richness.