**Spiral Noodle Salad**

8 ounces spiral noodles  
1/2 pound broccoli, cut into bite-size pieces  
3 large carrots, sliced  
1/2 green or red pepper, diced  
1 cup fresh cooked or frozen English peas (or half of a 16 ounce can, drained)  
1 cup cherry tomatoes, or large tomatoes, cut up  

Cook noodles according to package directions. Steam broccoli and carrots over boiling water until crisp-tender (about 5 minutes). Add pepper and peas during the last minute to steam slightly. Mix all ingredients and refrigerate.

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**Tuna Noodles**

1/2 cup chopped onion  
1 clove garlic, minced  
1 Tablespoon oil  
2 (7 ounce) cans tuna, drained  
1/3 cup Parmesan cheese  
1 (10 3/4 ounce) can cream of celery soup, undiluted  
1/2 cup milk  
1/2 teaspoon oregano, if desired  
1/4 teaspoon pepper  
1 pound noodles, such as egg noodles or macaroni  
6 ounces mozzarella cheese, grated  

Saute onion and garlic in oil until tender. Stir in next 5 ingredients. Simmer, uncovered, 5 minutes, stirring occasionally. Cook noodles according to package directions. Drain. Mix noodles with tuna mixture and add mozzarella cheese. Put in baking dish that has been sprayed with a non-stick spray or lightly oiled. Cover. Bake at 350° for 20 minutes. Remove cover and sprinkle Parmesan cheese on top. Bake, uncovered another 5 minutes.
Make the dressing:
1/8 cup olive oil, or other vegetable oil 
1/2 cup lemon juice 
1/4 teaspoon pepper 
1/8 teaspoon red pepper, if desired
2 cloves of garlic, crushed 
2 Tablespoons of chives or green onions 
1 teaspoon basil 
1/2 teaspoon dill, if desired

Mix in a jar, close lid, then shake. Pour dressing over pasta and vegetables. Toss and chill in refrigerator. Serve cold.

Variations: Add 1 cup chopped, cooked ham, or 1 (8 ounce) can tuna, drained.

Nutrition Facts
Servings Per Recipe 8
Calories 167 25% of total calories from fat
Total Fat 5g Sodium 29mg
*Vitamin A 83% *Vitamin C 71% *Calcium 3% *Iron 10%

Nutrition Facts
Servings Per Recipe 6
Calories 514 25% of total calories from fat
Total Fat 14g Sodium 459mg
*Vitamin A 9% *Vitamin C 2%
*Calcium 32% *Iron 25%