

LOW PROTEIN RECIPE - Main Dish

Tuna Macaroni Salad:

Makes 1 serving.

Ingredients:

2 tablespoons finely chopped celery
2 tablespoons finely chopped green pepper
2 tablespoons grated carrot
1 cup cooked macaroni
1/4 hard boiled egg
1 ounce water packed tuna, drained
1 tablespoon mayonnaise type light dressing
1 1/2 tablespoons fat free Italian dressing

How to Make:

Blend all ingredients and chill in refrigerator.

Modifications:

To lower sodium - use low sodium or salt reduced tuna and low sodium fat free Italian dressing.

To lower cholesterol - omit egg yolk.

For variety - use chicken or turkey in place of tuna; use different shapes of macaroni.

Composition:

1 serving = 1 high sodium meat list A
1/4 high cholesterol meat list A
4 low sodium bread and starches
1 vegetable
1 fat
(17 grams pro, 330 mg Na, 170 mg phos, 65 mg chol)

Finishing Touches:

a vegetable (sliced tomato)
a fruit (canned or fresh)
a dessert (fat free cake)

For Diabetics Only:

1 serving = 1 1/4 meat exchanges
2 bread exchanges
1 vegetable exchanges
2 fat exchanges

AT:MDL

MDL:LowProRe,2

9/18/92