

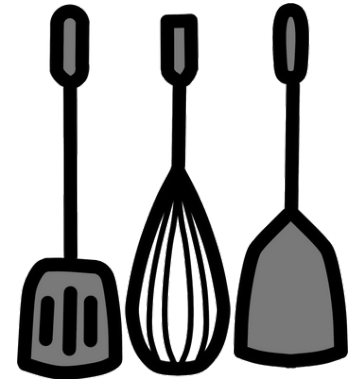


# Nutrition News



## Cooking for One to Two People

It can be difficult to cook small meals when you are cooking for only one to two people. It can be frustrating when you're purchasing large quantities of food to follow a recipe or have to throw away food that goes bad. Finding recipes that will only feed one to two people can be difficult. Here are some tips to help you to reduce food waste and save money.



You can purchase only the amount that you need by utilizing grocery store salad bars for fruits and vegetables or bulk bins to purchase grains or other dried goods. You can also go directly to the supermarket's meat counters to ask for the exact amount that you need. You can also cook a large recipe, portion out the meals, and freeze the portioned food. There are also several foods you can freeze if the foods are reaching their best buy dates. You can reuse leftover ingredients to make other recipes. For example, leftover bread can be used to make croutons, dry out fresh herbs, add leftover beans or nuts into a salad, etc.

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# Tuna Macaroni Salad

Prep Time:10 min    Cook Time:20 mins    Servings :4



## Ingredients

### For the pasta:

1 cup uncooked elbow macaroni pasta  
1 quart water  
1 teaspoon kosher salt

### For the salad:

1/2 cup chopped green onion, including green onion greens  
1 cup chopped red, orange, or yellow bell pepper  
1/4 cup chopped fresh parsley  
2 (5-ounce) cans tuna, packed in olive oil (if it's packed in water, drain and add 2 to 3 tablespoons of extra virgin olive oil)  
2 ribs celery, chopped (about 1 cup)  
2 tablespoons lemon juice  
1/4 cup mayonnaise (more to taste)  
1/2 teaspoon sweet Hungarian paprika  
Freshly ground black pepper  
1/4 to 1/3 head lettuce (preferably iceberg lettuce), sliced first and roughly chopped into 2-inch-long strips