FETTUCCINI SALAD
Antonietta Pendleton, CEC, HAAC
ACF Professional Chefs Association of South Jersey

Ingredients:
1 pound cooked fettuccini
1 tablespoon chopped parsley
6 tablespoons olive oil
1 cup tuna, cut-up
1 cup chopped tomatoes
8 black olives, sliced
2 ounces pine nuts
2 pimentos, thinly sliced
2 garlic cloves, minced
Salt & pepper
Additional parsley for garnish

Directions:
1. Cook fettuccini al dente.
2. In a separate skillet, sauté garlic and pine nuts in olive oil until translucent.
3. Add tomatoes and cook for approximately one minute.
   Place in large bowl and cool.
4. When cool, add cooked fettuccini.
   Mix together.
5. Add tuna, pimento, olives and parsley, mix well but gently.
6. Season to taste with salt and pepper.
   Garnish with additional parsley.
7. Allow to stand at room temperature for three hours before serving.

Nutrition Facts
Serving Size (48g) Servings Per Container Calories 530
Fat Cal. 210

<table>
<thead>
<tr>
<th>Amount/serving</th>
<th>%DV*</th>
<th>Amount/serving</th>
<th>%DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>35%</td>
<td>Total Carb</td>
<td>20%</td>
</tr>
<tr>
<td>Sat. Fat</td>
<td>20%</td>
<td>Fiber</td>
<td>16%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>5%</td>
<td>Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>Cholest.</td>
<td>5%</td>
<td>Protein</td>
<td>21g</td>
</tr>
<tr>
<td>Sodium</td>
<td>10%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.