A Kansas SNAP-Ed *EZ Does it* Recipe

Pasta with Tuna

Servings: 6

**Ingredients:**
1 tablespoon olive oil
1 onion, chopped
2 cloves crushed garlic
1 tablespoon capers
1 (14.5 ounce) can crushed tomatoes
½ cup sliced mushrooms, fresh or canned (optional)
1 tablespoon lemon juice
1 tablespoon chopped fresh parsley
¼ teaspoon red pepper flakes
2 (5 ounce) cans tuna, drained
1 (16 ounce) package dry pasta of your choice

Remember to wash your hands with soap and warm water before and after cooking.

**Directions:**
1. In a large skillet or saucepan, heat oil over low heat. Add onion and garlic; cook and stir until onion is tender.
2. Stir in capers, tomatoes, lemon juice, and parsley. Season with red pepper flakes to taste.
3. Simmer gently for 3 minutes to thicken sauce. Fold in tuna, and heat through.
4. While sauce is cooking, prepare pasta according to package directions. Drain.
5. Toss pasta with tuna sauce, and serve.

**Nutrition Facts:** Each serving provides 384 Calories, 6g Total Fat, 2g Saturated Fat, 174mg Sodium, 60g Total Carbohydrate, 4g Dietary Fiber, 23g Protein