

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

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