

Tuna with Penne Pasta

Courtesy of Carole's Creations

Prep Time:

Cooking Time:

Serves: 4

CChints: Canned tuna is the star in this dish. We used White Albacore Tuna packed in water. It contains 100 mg of Omega-3 per serving and tastes delicious. If you've never tried Albacore tuna in a recipe, one taste and you'll never go back to just plain canned tuna. Also, if you cover the pot of water for the pasta it will come to a boil much faster.



Pot of water with 1 tablespoon salt

1/2 pound multi-grain penne pasta

1 tablespoon olive oil

5 gloves of minced garlic, fresh or jarred

1 stalk celery, diced

1/2 medium yellow or white onion, diced

1/2 teaspoon crushed red pepper flakes, if you like heat

2 – 5 ounce cans white albacore tuna, well drained

1/2 cup dry white wine or chicken broth

28 ounce can diced tomatoes, not drained

1/2 cup kalamata or black olives, pitted and sliced

3 tablespoons capers, rinsed and drained

1/3 cup fresh pasley, chopped

1 tablespoon lemon juice

Zest from 1 lemon

Salt and pepper to taste

Optional: side of McSteamed Asparagus (recipe on this website) or a tossed salad

Fill a large pot with water and salt. Bring to a boil, add the pasta and cook according to package directions.

Add oil to a large nonstick skillet over medium high. Add the celery and onions to the skillet and cook for 5 minutes, stirring occasionally. Add the garlic and red pepper flakes and cook 1 minute. Add the wine and cook 2 minutes and then add the tuna to the pan, breaking it up into pieces. Stir in tomatoes through the lemon juice. Use a microplane to zest the lemon over the skillet. Sprinkle with salt and pepper and cook for 5 minutes until the tuna mixture is heated through.

Prepare your side dish or salad. Drain the pasta and transfer to a service platter. Top with the tuna mixture and sprinkle with parsley.