

Easy Tuna Pasta



Feeling uninspired for dinner or haven't been grocery shopping? With garlic, onion, and a few pantry staples, dinner is served!

Preparation 5 min

Cooking 15 min

Servings 8

Nutrition Facts (per serving)

Calories 325

Fat 11

Carbohydrates 42

Fibre 3

Protein 16

Sodium 380

Ingredients

- 400 g short pasta (fusilli, rotini, farfalle, etc.)
- 60 ml (4 tbsp) olive oil
- 1 onion, chopped
- 2 cloves of garlic, pressed
- 180 ml ($\frac{3}{4}$ cup) tomato sauce (homemade or canned)
- 2 cans (120 g each) tuna in water, drained

- 45 ml (3 tbsp) capers

Preparation

1. In a saucepan, cook pasta according to package directions. Drain.
2. Meanwhile, in another large saucepan, sauté onion in olive oil over medium-high heat.
3. After 2 minutes of cooking, add garlic.
4. When the onion is cooked, add tomato sauce and tuna. Crumble well the tuna and mix.
5. Add olives, capers and pasta. Mix well and serve.

Notes

Can be kept for 3 days in the refrigerator. Does not freeze.



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