

PASTA WITH TUNA, OLIVES & TOMATOES

Prep/Cook Time: 20 minutes

Makes 4 servings

Ingredients

450 g package of pasta (rotini, penne or your favourite)

15 mL (1 Tbsp) canola oil

1 small onion, chopped

1 red or yellow bell pepper, chopped

1 clove garlic, minced

60 mL (1/4 cup) black olives, canned or jarred

398 mL (14 oz) diced tomatoes, canned or jarred

2 (170 g) cans tuna, drained of liquid

Directions

In large pot of boiling water, cook pasta according to package directions (usually takes 12 – 15 minutes).

Meanwhile, heat the oil on medium-high in a large skillet or frypan. Add the onions, peppers, garlic and cook until softened (about 3 - 4 minutes).

Add olives, tomatoes, and both cans of tuna to the skillet, stir gently and heat through (about 5 -6 minutes).

Drain pasta and serve topped with tuna and vegetable mixture.



This super-flavourful dish tastes even better reheated the next day. Top with Parmesan cheese or with fresh basil (if you are lucky enough to have an herb garden!)

- ✓ Budget-Friendly
- ✓ Quick & Easy
- ✓ Source of omega-3 fats
- ✓ Freezes well



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