

pantry clips



SIMPLE TUNA PASTA



TUNA FACTS:

Tuna can reach up to 6.5 feet long and weigh up to 550 lbs!

Tuna is rich in Omega-3 Fatty Acids, Protein, Selenium and Vitamin D.

You shouldn't eat more than 3 cans of tuna a week because of its potential mercury content.

Solid white tuna has the highest mercury content but varieties like Skipjack have lower quantities.

INGREDIENTS

2 cups of pasta

1/2 cup red onion, chopped

2 garlic cloves, minced

1 can tuna, drained

1 cup pasta sauce

Salt & pepper

Oil or butter

METHOD

1 Fill a pot with water. Sprinkle about 1 tbs of salt in the water. Heat the pot on the stove over medium-high heat.

2 When the water comes to a boil, add the pasta. Cook for about 8-12 min, stirring occasionally. When the pasta is tender, carefully strain the pasta. Drizzle a little bit of oil over the pasta to stop it from sticking together.

3 In a pan over medium heat, add 1 tbs of oil. Add the chopped onions, cook until golden. Strain the canned vegetables and add to pan, along with the garlic, tuna, and pasta sauce.

4 Carefully pour the pasta into the sauce mixture and stir to give it an even coating. Season with salt and pepper as you like. Serve warm or cold!

★ Tip: Try adding a can of vegetables to increase nutrition and flavour!

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TUNA PASTA

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THE NOURISH & DEVELOP FOUNDATION is a charitable non-profit organization committed to enhancing local food security and promoting self reliance through programs and collaborations that deliver lasting solutions and life-long learning.

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