

Tuna Pasta Primavera

Serving Size: 1.5 Cup | Servings per Recipe: 3 | Heart Healthy



INGREDIENTS

- 1 can tuna drained
- 6 oz whole wheat pasta
- 1 can diced tomatoes
- 1 can canned mixed vegetables
- 1 tsp dried italian herbs (oregano, basil, parsley)
- Lightly Salt & Pepper
- Squeeze of lemon Juice -optional

DIRECTIONS

- In one pot combine the pasta, diced tomato (with liquid), 1 ½ cups of water, herbs and pinch of salt
- Bring to a simmer and stir occasionally until pasta is tender and most of the water is absorbed (10-12 minutes)
- Stir in the drained tuna and drained mixed vegetables. Cook for another 2-3 minutes until everything is heated through.
- Plate and sprinkle with pepper and lemon juice



Calories per serving: ~350 kcal | 4 g total fat | 55 g total carbohydrates | 260 mg sodium | 27 g protein