

Mediterranean Tuna Pasta



1. In a pot of boiling water, stir in:

Whole wheat pasta 2 cups

Reduce heat to medium high, stir, and cook until pasta is tender (about 10 minutes) and drain and set aside.

2. In a large frying pan add:

Oil	2 teaspoons
Onion, chopped	½ onion
Garlic, chopped or minced	3 cloves (or 1 ½ tsp of garlic powder)
Basil	2 teaspoons
Oregano	2 teaspoons

Cook and stir on medium heat until onion is soft.

3. Add:

Carrot, diced	1
Celery, diced	1
Tomatoes, diced	1 can (540 ml)
Chunk light tuna, drained and broken up	1 can (170 grams)

Cook on medium heat for about 20-30 minutes or until vegetables are tender. Add cooked pasta, mix together and serve!

Makes 4 – 6 servings

TIP: Health Canada recommends eating 2 servings of fish each week. You can substitute canned tuna for any type of fish you prefer.

If you have questions about the safety of fish speak to a Healthy Start for Mom & Me Dietitian.