

Mediterranean Tuna on Penne Pasta

Serving Size: 1/8 of the recipe

Serves: 8

Ingredients

3 tablespoons extra virgin olive oil
1 medium onion, chopped
¼ teaspoon crushed red pepper flakes
5 ounces fresh mushrooms, sliced
1 clove garlic, minced
½ cup dry white wine
½ cup frozen green peas
12 cherry tomatoes, halved
5 ounces baby spinach
2 (6 ounce) cans solid white tuna packed in water, drained
1 tablespoon lemon juice
Pinch of salt and pepper
½ pound penne pasta, cooked al dente and drained
Parmesan cheese, freshly grated

Directions

Heat the olive oil in a skillet over medium heat. Stir in onion and crushed red pepper. Cook until onions are soft. Stir in mushrooms and garlic. Cook until the mushrooms are soft.

Turn up the heat to medium high, and add the wine. Cook about 3 minutes.

Reduce heat to low. Stir in peas, cherry tomatoes, and spinach. Stir in the tuna, lemon juice, salt and pepper. Cook and stir until all ingredients are warmed through.

Stir the penne into the tuna mixture.

Garnish with freshly grated Parmesan.

Exchanges per serving:

2 Lean Meat, 1 Starch, 2 Vegetable

Nutrients per serving:

Calories: 261

Calories from fat: 67

Total Fat: 8g

Saturated Fat: 1g

Cholesterol: 20mg

Sodium: 296mg

Carbohydrate: 29g

Dietary Fiber: 3g

Protein: 17g