

## Tuna Pasta Puttanesca

### Ingredients

- 8 oz. whole-wheat linguine (1/2 package)
- 1 Tbsp. olive oil
- 2 cloves garlic, minced
- 1/8 tsp. crushed red pepper flakes, or to taste
- 1 28-oz. can no-salt-added crushed tomatoes
- 2 4-oz. cans tuna packed in oil, drained
- 1/2 cup jarred roasted red peppers, drained and chopped
- 10 black olives, chopped
- 2 tsp. capers, rinsed
- 1/2 cup parsley, chopped
- 1/8 tsp. salt, optional
- Ground black pepper, to taste

### Method

Cook the linguine to al dente according to package directions. Drain and set aside.

Meanwhile, in a large skillet, heat olive oil over medium heat. Add garlic and red pepper flakes and cook, stirring, until fragrant, about 1 minute. Add crushed tomatoes and bring to a simmer. Simmer for 6 to 8 minutes, then add the tuna, peppers, olives, and capers. Cook for another 3 to 4 minutes, stirring occasionally, then remove from heat.

Add the cooked pasta to the skillet along with the parsley, salt (if using), and ground black pepper. Toss to combine, seasoning with additional ground black pepper as needed.

<b>Nutrition Facts</b>	
4 servings	
<b>Serving size</b>	<b>1/4 recipe</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>430</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 580mg	<b>25%</b>
<b>Total Carbohydrate</b> 55g	<b>20%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 28g	
<b>Vitamin D</b> 4mcg	<b>20%</b>
<b>Calcium</b> 114mg	<b>8%</b>
<b>Iron</b> 6mg	<b>35%</b>
<b>Potassium</b> 970mg	<b>20%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.