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.