



A Nutrition Resource

TUNA PASTA

Yield: 4 Servings | Serving Size: 1 1/4 cup
Cost/Serving: \$0.95

Ingredients:

- 8 ounces uncooked spaghetti or other pasta
- 1 Tablespoon vegetable oil or canola oil
- 1 small onion, chopped
- 1/2 cup chopped zucchini or broccoli
- 1 1/2 cups tomato-based spaghetti, pasta sauce
- 1 (5 - 6-ounce) can tuna, drained
- Salt to taste
- Pepper to taste
- 2 Tablespoons Parmesan cheese (optional)

Directions:

- 1) Cook spaghetti according to the package, drain.
- 2) Heat oil in a large skillet or pan over medium heat. Add onion and zucchini or broccoli. Cook until softened.
- 3) Stir in tomato-based spaghetti/pasta sauce. Bring to a boil. Turn heat to low and simmer for 3 minutes.
- 4) Add drained tuna into sauce mixture. Stir just enough to heat the tuna.
- 5) Add salt and pepper to taste. Add the cooked spaghetti to the sauce. Stir the pasta and the sauce mixture until mixed together uniformly. Garnish with Parmesan cheese if using. Serve hot.

This recipe is used with the permission of Colorado State University Extension's Eating Smart Being Active program.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (155g)

Amount Per Serving
Calories **120**

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 81mg	6%
Iron 1mg	6%
Potassium 155mg	4%

*The % Daily Value (DV) 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.

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