

## Neapolitan tuna fettucine



Recipe credit

Cans Get You Cooking

## About this recipe

Serves

4

Serving size

3 oz.

## Ingredients

- 8 ounces whole grain fettuccine pasta

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can no salt added diced tomatoes (14.5 oz. can)
- 2 teaspoons capers
- 5 ounces canned tuna, packed in water, drained
- 1/4 cup sliced ripe olives, drained (or 1-2.2 ounce can)
- Salt and ground pepper to taste

## Directions

1. Cook fettuccine as label directs. Reserve 1 cup cooking liquid; drain.
2. Meanwhile, in 10-inch skillet over medium heat, in hot oil, cook onion and garlic, about 5 minutes until just softened. Add diced tomatoes and capers; simmer 5 minutes. Add tuna, olives, salt and pepper to taste.
3. Toss fettuccine with tuna mixture to mix well. Serve immediately. If necessary, add reserved cooking liquid.

## Tips and variations

- Did you know that canned tomatoes have more lycopene and B vitamins than fresh tomatoes? That's because the canning process seals in food's natural goodness! So when you add canned tomatoes to this delicious dish, you're adding nutrition, freshness and flavor.

## Nutritional info

Calories

312

Total fat

6 g

Saturated fat

1 g

Cholesterol

13 mg  
Sodium  
399 mg  
Total carbohydrates  
49 g  
Dietary fiber  
10 g  
Protein  
20 g  
Total sugar  
5 g  
Allergens  
Wheat

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