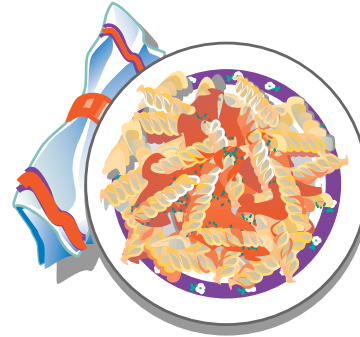


Pasta with Tuna Sauce

Ingredients:

- 1 teaspoon olive oil
- 1 garlic clove, minced
- one 6 1/2 ounce can water-packed tuna, drained
- 1 3/4 cups tomato puree
- 1 tablespoon fresh parsley, minced (or 1 1/2 teaspoon dried)
- 1/2 to 1 teaspoon oregano
- 1 or 2 pinches cayenne pepper (optional)
- 5-6 ounces pasta, preferably whole wheat
- 1 1/2 tablespoons grated Parmesan cheese



Preparation:

1. Heat oil in skillet over medium heat.
2. Add garlic and saute, stirring constantly until just golden.
3. Add remaining ingredients except pasta and cheese.
4. Simmer uncovered for about 15 minutes. Add water if sauce gets too thick.
5. Meanwhile, cook pasta in boiling water until tender but still firm. Drain.
6. Serve immediately, topped with sauce and cheese.

Makes approximately two 1 1/2 cup servings

Amount Per Serving	
Calories 560	Calories from Fat 60
% Daily Values*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Cholesterol 35mg	12%
Sodium 560mg	23%
Total Carbohydrate 83g	28%
Dietary Fiber 8g	32%
Sugars 19g	
Protein 44g	
Vitamin A 70%	Vitamin C 45%
Calcium 15%	Iron 45%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

CAUTION: For sodium restricted diets use no-salt added tomato puree and rinse tuna before using. Replace Parmesan cheese with low sodium cheese.