

Spaghetti with Mediterranean Tuna

From the American Institute for Cancer Research

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Ingredients

- 1 medium red bell pepper, halved and seeded (or use jarred roasted pepper)
- 1 Tbsp. capers, preferably salt-preserved
- 1 (7-oz.) can solid light tuna in olive oil, well drained
- 1 lemon, preferably organic
- 1/2 cup lightly packed flat-leaf parsley leaves, chopped
- Salt and freshly ground pepper
- 8 oz. whole-wheat spaghetti, broken into thirds, or whole-wheat corkscrew shaped pasta

Instructions

1. If roasting pepper place rack in upper third of oven. Preheat oven to 450 degrees F.
2. Line baking sheet with foil and coat foil with cooking spray. Place pepper on baking sheet cut-side down, and roast on top rack for 20-25 minutes, until skin blisters and is black in places. Transfer pepper halves to small bowl, cover with plate or plastic wrap, and steam for 20 minutes. When pepper is cool enough to handle, use your fingers to pull off skin.
3. Finely chop pepper, and set aside.
4. Rinse capers, place in small bowl and cover with cool water. Soak for 20 to 30 minutes, then rinse capers well and pat dry on paper towel. Chop capers, and set aside.
5. Boil large pot of water for pasta.
6. Place drained tuna in medium-size mixing bowl, and using a fork, flake it. Add capers, and roasted pepper. Zest lemon and set zest aside. Squeeze 2 tablespoons juice from lemon and add to tuna. Save remaining lemon for another use. Mix parsley into tuna. Season to taste with salt and pepper.
7. Pour additional boiling water into large mixing bowl. Set bowl with tuna mixture into larger bowl to warm it and help flavors to meld while pasta cooks, stirring sauce occasionally. Let sit for up to 30 minutes.
8. Cook spaghetti according to package directions. Drain, reserving 1/2 cup of cooking water. Divide pasta among 4 wide, shallow bowls and moisten with 2 tablespoons of cooking water. Top each serving with one-fourth of tuna mixture. Sprinkle zest over tuna, and serve.

Makes 4 servings

Nutrition information per serving

Calories: 302	Dietary Fiber: 1 g
Total Fat: 5 g	Sodium: 267 mg
Saturated Fat: 1 g	Protein: 22 g
Cholesterol:	Carbohydrates: 46 g



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