

Tri-Color Pasta with Tuna, Spinach and Artichoke Hearts

PREP: 15 minutes/COOK: 12 minutes/YIELD: 8 x 2-cup servings

This fresh and wholesome dish can be easily adapted to suit a variety of audiences. Sub in brown rice pasta to make it gluten free or try tri-colored bowties to give it a fun twist for the kids (what a great way to get them to eat their spinach!).

12 oz tri-color pasta (such as farfalle, penne or shells)
15 oz no-salt added solid white albacore tuna in water, drained
8 cups fresh baby spinach
1 x 13 to 14 oz BPA free can quartered artichoke hearts in water, drained
1 ½ cups cherry or grape tomatoes, halved
½ cup chopped pepperoncini
½ cup chopped fresh basil
¼ cup chopped fresh dill
1 T extra virgin olive oil
½ tsp each sea salt and freshly ground black pepper

Bring a large pot of water to boil, add the pasta and stir. Cook according to package directions until al dente. Drain, reserving ¼ cup of the cooking water. Transfer pasta to a large bowl and add remaining ingredients. Add reserved cooking water, and toss to combine. Can be served warm, at room temperature or cold.

CHILL OUT

This dish will keep in the refrigerator for up to two days.

ON THE GO

This dish travels well! Why not double the recipe and have planned leftovers?

Calories: 280, Calories from Fat: 37, Protein: 20g, Carbs: 38g, Total Fat: 4g, Saturated Fat: 1g, Trans Fat: 0g, Fiber: 4g, Sodium: 338mg, Cholesterol: 30mg