

Let's Talk Food Literacy

Pasta Puttanesca

Makes 4 servings

Ingredients

Protein foods:

- 2 cans tuna (or chicken, chickpeas, lentils)
- Parmesan cheese (optional)

Vegetables:

- 4 cloves garlic
- 1 onion
- 1 (28-oz.) canned diced tomatoes
- *Vegetables of your choice!* Fresh, frozen or canned
E.g. broccoli, mushrooms, zucchini, spinach
- Parsley (optional)

Grains:

- 375g package whole grain spaghetti

Other:

- 3 Tbsp vegetable or olive oil
- 4 anchovy fillets (optional)
- 1/2 cup kalamata olives (optional)
- 1/4 cup capers (optional)
- 1/2 tsp crushed red pepper flakes (optional)

Directions

1. Fill pot with water. Bring to a boil. Add spaghetti and cook until al dente (*still firm when bitten*).
2. Rinse onions, garlic, vegetables and parsley under cool running water. Mince garlic. Peel and slice onion. Chop vegetables, parsley and anchovies.
3. In a frying pan, heat oil on MEDIUM. Add garlic and onions and cook 1 minute. Add anchovies and cook 1 minute. Add tomatoes, olives, capers, and red pepper flakes.
4. Add your vegetables of choice. Stir.
5. Drain tuna. Add to pan. Bring mixture to a boil, then reduce heat to LOW, and let simmer, 15 minutes.
6. Toss spaghetti into sauce. Sprinkle with Parmesan and parsley. Serve.

Watch the how-to video! youtu.be/wMVKUJFQ9Fs



Pasta Puttanesca variation.

Tips and Tricks:

- ➔ **Wash hands** with soap and warm water before for 20 seconds, during and after preparing food.
- ➔ **Adapt this recipe** to your family's likes and dislikes!
- ➔ **Canned, fresh or frozen** vegetables work well.
- ➔ **Refrigerate or freeze leftovers** promptly. Store in fridge for up to 3 days. Freeze up to 3 months.