



Tuna Tomato Pasta

Makes 4-6 servings | Grains | Protein | Vegetables

Ingredients

- 2 cups whole-wheat macaroni
- 1 Tablespoon olive oil
- ½ onion, diced
- 1 14.5-ounce can diced tomatoes
- 2 5-ounce cans tuna, drained
- 1-3 teaspoons Italian seasoning
- ½ teaspoon black pepper
- Salt to taste
- Parmesan cheese (optional)

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Cook macaroni according to package directions. Drain and set aside.
3. Heat oil in a saucepan or electric skillet over medium heat.
4. Add in onions and tomatoes, Italian seasoning, and black pepper. Cook for about 5 minutes or until onions are soft.
5. Add in tuna and cook for another 5 minutes until heated through.
6. Mix in macaroni. Serve topped with Parmesan cheese, if desired.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>
1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwyo.edu

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