

# Tuna Pasta

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**Serves: 4-6 People**  
**Yield: 6 cups**  
**Time: 2:20 hours**

## Ingredients

2 (5-ounce) cans unsalted tuna,  
packed in water  
1/2 pound (8 ounces) of whole wheat  
penne pasta  
3 tablespoons of olive oil  
Juice from 1 lemon  
Salt to taste  
Black pepper to taste  
1 small yellow onion, diced (optional)  
1 bunch of parsley, coarsely chopped  
(optional)

## Directions

- ✦ Bring a medium pot of water to boil. Boil the pasta following the directions on the box. Drain pasta and rinse with cold water. Drain well.
- ✦ While the pasta is cooking, mix tuna in a large mixing bowl and stir in the olive oil, lemon juice, salt and black pepper (and optional onions).
- ✦ When pasta is ready, mix with tuna and refrigerate for two hours.
- ✦ Garnish with fresh parsley.

## Did You Know?

Lemons are high in vitamin C which plays an important role in disease prevention and often aids digestion. Cardiovascular disease, stroke and cancer have all been linked to deficiencies in dietary vitamin C.

