

TUNA SKILLET DINNER

Prep Time: 5 minutes

Cook Time: 15 minutes

Included in Box:

- 2 c. whole wheat spaghetti pasta, cooked
- 2 (5 oz) cans tuna, drained
- 1 (14.5 oz) can low sodium diced tomatoes
- 1 c. canned low sodium spaghetti sauce

Additional Ingredients Needed:

- 1 small onion (~½ c.), diced
- 1 T lemon juice
- 2 T dried parsley
- 1 T garlic powder

Directions:

1. Add ¼ c. water and onion to large skillet over medium-high heat; cook until translucent (3-4 minutes).
2. Add drained tuna, diced tomatoes, spaghetti sauce, lemon juice and seasonings to skillet. Reduce heat and simmer for 10 minutes, stirring often.
3. Serve over warm pasta.



Nutrition Facts*

Total Servings: 4
Serving Size: 1 c.
Calories: 224
Fat: 2 g
Sodium: 263 mg
Carbohydrates: 33 g
Fiber: 6 g
Protein: 20 g
Carbohydrate Servings: 2

**Nutrient facts include cooked whole wheat spaghetti pasta (not packed), canned chunk light tuna in water (drained), canned no salt added diced tomatoes, canned no salt added spaghetti sauce with tomato bits, small white onion, fresh lemon juice, and seasonings.*