

Pasta Primavera with tuna and cannellini beans

4 servings

Ingredients

- Green beans, canned, 1 cup diced, drained
- White cannellini beans, canned, 1 cup diced, drained
- Corn, 1 cup, canned, drained
- Penne, or other pasta, 1 box (16 oz)
- Tuna, 2 cans (6 oz each), drained
- Onion, ½ cup, minced
- Garlic cloves, 2, minced
- Olive oil, 3 teaspoons
- Parmesan cheese, grated, 4 tablespoons (*optional*)

Preparation

Cook pasta al dente according to package directions. Drain and set aside. Heat 2 tsp oil in a large skillet over medium heat. Sauté onions and garlic until softened, about 5 minutes. Add to skillet, cannellini beans, corn, green beans, and tuna and sauté 1-2 minutes. Place cooked penne back into large serving bowl. Stir in vegetables from skillet and 1 tsp oil. Season with salt and pepper to taste, stirring. Serve and add grated parmesan as desired.

Serve with fresh fruit

Note: Sodium level in this recipe is high because canned and packaged items are high in sodium. Current dietary guidelines for Americans recommend limiting sodium intake to <2300 mg per day, or <1500 mg per day if you are >51 years of age, African American, have high blood pressure, Diabetes Mellitus, or Chronic Kidney Disease. Try to use low-sodium canned and packaged items whenever possible.



Nutrition Information (without parmesan)

Per serving

Calories: 642.5

Fat: 8.5 g

Saturated Fat: 1.3 g

Protein: 39.9 g

Carbohydrate: 106.4 g

Fiber: 8.6 g

Sugars: 5.1 g

Cholesterol: 36 mg

Sodium: 747.5 mg

Calcium: 71.1 mg

Potassium: 447.9 mg

