



# Tuna Pasta



**Serving**  
4



**Prep**  
12 Minutes



**Cook**  
20 Minutes



**Contributer**  
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7 oz jar Callipo tuna in oil (200 g)  
¾ pkg Penne pasta  
½ cup Red onion, sliced thick  
1 medium Tomato, diced  
2 tbsp Capers  
1 tsp Oregano, dried

1. Fill a large pot with water and bring to a boil. Add the pasta and cook according to package instructions.
2. While the pasta is cooking, add the oil from the jar of tuna in a separate pan. Using medium heat, allow the oil to heat up. Then, add the onion and sauté until it becomes translucent.
3. Add the chopped tomato, and cook until softened, about 5-7 minutes.
4. Add the capers, tuna and oregano to the onion mixture. Mix all the ingredients together until blended.
5. Once the penne is cooked (al dente), remove from stove, drain water and place the pasta back in the pot.
6. Add the tuna-onion mixture to the pasta and combine until pasta noodles are coated and all ingredients are blended.

## DIETITIAN'S MESSAGE

*Including fish twice a week can lower your risk of getting a heart attack, stroke and dementia. Fatty fish, in particular, is high in omega 3 fats, which have anti-inflammatory and anti-coagulant properties. Use fresh, frozen or canned fish when possible.*

## Variation

*Substitute tuna with canned or fresh sardines. Include 10 oz or 300 grams of fresh sardines or 2 cans (200 grams each) of canned sardines packed in water. Use puréed tomato or sauce instead of a fresh tomato.*



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

