

BEYOND HUNGER

Creamy Tuna Pasta

This delicious tuna pasta only takes 20 minutes! With this recipe, many of the ingredients could be swapped out for whatever you have in your fridge... and still be very flavorful!

Yields: 2 Servings

Serving Size: 1.5 cups

Ingredients:

- 1 tbsp **olive oil**
- 1 cup **kale**, chopped
- 1 cup **cauliflower**, chopped
- 2 **garlic cloves** (minced), divided
- **Salt** and **ground black pepper** to taste
- 1/2 **lemon**, juiced
- 1/2 tsp **chili powder** (optional)
- 1 cup **macaroni** noodles, dried
- 1 tbsp **tomato paste**
- 2 tbsp **pesto** (optional)
- 1 can **tuna**, drained
- 2 tbsp **light cream cheese**
- 2 tbsp **basil**, chopped

Instructions:

1. In a nonstick pan, sauté the kale and cauliflower, 1 clove of garlic, and salt with the oil for 5-6 minutes. Cover with a lid.
2. Mix the tuna with the lemon juice and chili powder (if desired) in a bowl.
3. Add the macaroni pasta to the pan and add about 1 cup of water.
4. Stir in the tomato paste, garlic, pesto (optional), and tuna.
5. Stir in the cream cheese and add water if needed. Add black pepper to taste, and cover with a lid for 3 minutes or follow the cooking time for pasta.
6. Stir in the basil and let cook for another minute.
7. Take off the heat and serve.

Per Serving: Calories 444 kcal, Carbohydrates 31 g, Protein 30 g, Saturated Fat 6 g, Sodium 788 mg, Fiber 5 g, Sugars 4 g

This recipe was adopted from Homemade Mastery.