

One Pot Pasta with Tuna

Serves 4

Ingredients:

3¼ cups water
8 ounces whole-wheat pasta
½ cup green olives
2 teaspoons fresh lemon zest, plus juice of half a lemon
½ teaspoon salt
½ teaspoon ground pepper
2 (5 ounce) cans unsalted tuna, drained and flaked
3 tablespoons chopped fresh dill
2 tablespoons extra-virgin olive oil

Instructions:

1. Combine water, pasta, olives, lemon zest, lemon juice, salt and pepper in a large deep skillet. Bring to a boil.
2. Reduce heat to maintain a lively simmer and cook, stirring occasionally, until most of the water is absorbed and the pasta is tender, 10 to 12 minutes.
3. Remove from heat and stir in tuna, dill and oil.

Nutrition information

Generous 1 cup

- Per serving: 382 calories; 15 g fat; 42 g carbohydrates, 6 g fiber, 6g sugar; 22 g protein.