



Pasta with Peas and Tuna

8 Servings • 1 Serving = 1 ½ Cups

INGREDIENTS

- 3 cups green peas, frozen or canned
- ½ pound of whole wheat penne pasta
- 1 Tablespoon extra virgin olive oil, divided
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- Juice and zest of 1 lemon
- 1 (12 ounce) can of tuna in water, drained
- 1 spring onion or green onion, chopped
- ½ cup parsley, chopped
- ½ teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 Tablespoon parmesan cheese, shredded

DIRECTIONS

1. If using frozen peas, let thaw. If using fresh peas, cook in boiling water for 1 minute. Drain and rinse with cool water.
2. Bring a large pot of water with a pinch of salt to a boil. Add the pasta and cook according to package directions. Drain, drizzle ½ Tablespoon oil, and toss to combine. Let cool slightly.
3. In a small bowl, combine the garlic, mustard, remaining oil, lemon juice and zest. Mix until well blended.
4. In a large bowl, combine the tuna, peas, onion, and pasta. Pour the lemon juice mixture over pasta and stir to combine. Season with salt and pepper and stir in parsley and cheese.

Nutrition Facts

5 servings per container
Serving size 1 1/2 cups

Amount per serving
Calories 230

% Daily Value*

Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 390mg	17%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 1mcg	6%
Calcium 40mg	4%
Iron 3mg	15%
Potassium 307mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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