

GARDEN BOW TIE PASTA



Makes 6 servings

Prep Time: 10 minutes

Cook Time: 20-25 minutes

Ingredients

- 1 can (12 ounces) tuna, drained and flaked
- 1/2 pound whole-wheat bow tie pasta
- 2 tablespoons olive oil
- 1 cup sliced onions
- 1 cup chicken broth
- 3 tablespoons fresh thyme or 1 tablespoon dried thyme
- 4 cups frozen vegetable medley
- Salt and pepper to taste

Directions

1. Cook pasta according to package directions, drain; rinse.
2. In large skillet, heat olive oil over medium-high heat; sauté onions for 3–5 minutes.
3. Add broth and continue cooking 2 minutes.
4. Add thyme, tuna, vegetables, and mix gently.
5. Add pasta; season with salt and pepper.
6. Heat 3–4 minutes or until broth is reduced.
7. Garnish option: grated Parmesan cheese.



Eat Smart

Nutrition information Per Serving

350 calories	
Total Fat	6 g
Saturated Fat	1 g
Protein	23 g
Total Carbohydrate	53 g
Dietary Fiber	8 g
Sodium	450 mg

 **Excellent Source of Iron**

 **Excellent Source of Vitamin A**

 **Excellent Source of Vitamin C**

*Recipe analyzed using
1/4 tsp each of salt and
pepper*



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