



NutritionRx
Jennifer Broxterman

Penny Saver Tuna Pasta for Two

This delicious, light tuna pasta is quick and easy to prepare after a long day. This meal will provide you with all four food groups, and it won't cost you much! Tuna is an excellent choice as it contains protein, omega 3's, and selenium while being low in overall calories and fat.

Tip: Choose whole grain pasta to increase dietary fibre.

Prep: 10 minutes • Total: 20 minutes

Ingredients:

1% Milk	1 cup + 2 Tbsp	280mL
Cream of mushroom soup	1 can	284 mL
Tuna	2 cans	370g
Macaroni, dry	1 cup	250 mL
Frozen peas	½ cup	125 mL
Red and green peppers, chopped	½ cup	125 mL
Shredded cheese (optional)	1/3 cup	80 mL

Directions:

1. Cook pasta in boiling water as indicated on package.
2. Mix milk, soup, tuna, and frozen peas, and peppers in a separate pot.
3. Combine cooked pasta with tuna mixture.
4. Sprinkle with low-fat shredded cheese if desired (note: shredded cheese is not included in nutrition facts label).

Nutrition Facts

Serving Size (556g)

Servings Per Container

Amount Per Serving

Calories 380 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 470mg **20%**

Total Carbohydrate 39g **13%**

Dietary Fiber 5g **20%**

Sugars 14g

Protein 42g

Vitamin A 25% • Vitamin C 70%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: BC Dairy Foundation

Makes 2 servings (278g/serving) • 1 serving = ½ the recipe

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