

PUTTANESCA SAUCE (NOODLES OPTIONAL)



DIFFICULTY

EASY



TIME

25 MIN



SERVES

4

INGREDIENTS

2 tablespoons extra-virgin olive oil
4 cloves garlic, thinly sliced
1/4 to 1/2 teaspoon crushed red pepper
2 tablespoons capers, drained and roughly chopped
1 tsp lemon zest
1/2 cup roughly chopped kalamata olives
1 each 28-ounce can San Marzano tomatoes, drained; liquid reserved and roughly chopped
2 cups spinach leaves
1 small bunch of basil; leaves cut crosswise into thin strips (divided)
One 5-ounce can albacore tuna packed in olive oil
Freshly ground black pepper
cooked pasta noodles or zucchini noodles

DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the garlic and crushed red pepper and cook, stirring, until slightly toasted, 1 to 2 minutes.
2. Add the capers, lemon zest and olives and fry 2 more minutes. This will release some of the flavors of the capers and olives into the oil.
3. Cook until the tomatoes are slightly dry, about 2 minutes.
4. Add the reserved tomato juices, 1/2 of the basil, and salt to taste and cook until the sauce thickens, 1 to 2 minutes.
5. Fold in the spinach leaves and add the tuna with its oil, breaking it up with a fork, and season with salt.
6. Garnish with remaining basil

NUTRITION FACTS PER SERVING

Calories: 139 **Fat:** 11.7g (Saturated Fat: 1.7g) **Carbohydrates:** 9.6g **Fiber:** 2.6g **Sugar:** 5.1g **Protein:** 2g



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