

Blog Week 18 recipe

Penne in Red Sauce with Tuna or Dr. Karen's Easy Spaghetti al Tonno Piccanti

Ingredients:

Gluten-free whole grain penne

1/8 cup chopped red onion

1 clove of garlic, minced

1 cup of organic kale, chopped

Fresh basil, few handfuls chopped

1/8 teaspoon of each: kosher salt, fresh cracked black pepper, cayenne pepper, fennel

Organic tomato basil spaghetti sauce

2 cans (5oz each) of Wild Planet Wild Albacore Tuna chopped in bite size pieces



Directions:

Boil pasta per package directions. While pasta is boiling, sauté red onion and garlic in 1-2 tablespoons of olive oil over medium heat for 1-2 minutes. Add kale and continue to cook for a few more minutes. Dump spaghetti sauce in the pan with the onion, garlic, and kale and simmer. Add basil, salt, pepper, cayenne pepper and fennel.

After 5-10 minutes of simmering, turn off heat and set aside 1 cup of sauce. Add pasta to the remaining sauce. Drain tuna water and chop tuna into bite size pieces. Mix tuna into the cup of spaghetti sauce you set aside.

Put pasta on plates and top with sauce covered tuna. I like to serve this with fruit, salad, and Canyon Bakehouse Gluten-Free Rosemary and Thyme Focaccia Bread.

This recipe is perfect for those of you who don't really like fish. Since the tomato sauce is so flavorful, it hides any fishy taste! Not only is it delicious, it's good for you too.

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