



ONE-POT TUNA & BROCCOLI PASTA

This one-pot meal is a great recipe to make a wholesome dinner for your family in only 15 minutes. Ready, set... enjoy!

Preparation time: 15 minutes • Cooking time: 15 minutes • 4 to 6 servings

INGREDIENTS

- 2 1/4 cups (560 mL) milk
- 1 cup (250 mL) water
- 1/4 tsp (1 mL) salt
- 10 oz (300 g) whole wheat penne pasta
- 6 cups (1.5 L) fresh broccoli florets (about 1 large bunch)
- 3/4 cup (180 mL) red bell pepper, diced (about 1 medium pepper)
- 8 oz (250 g) Ricotta cheese
- 1 tsp (5 mL) lemon zest
- 3 tbsp (45 mL) freshly squeezed lemon juice (from about 1 medium lemon)
- 1/4 tsp (1 mL) pepper
- 2 cans (170 g each) water-packed flaked tuna, drained

PREPARATION

In a large pot, heat 2 cups (500 mL) of the milk, water, and salt over medium heat until steaming. Stir in pasta. Cover, reduce heat to medium-low and simmer for 8 to 10 minutes, stirring occasionally. Add broccoli and red bell pepper on top of pasta, cover, and simmer for 5 minutes or until pasta is tender and broccoli and red bell pepper are tender crisp.

Add Ricotta, lemon zest, lemon juice, and pepper to pot and stir until well blended. Stir in the remaining milk to moisten pasta to desired consistency. Gently fold in tuna until heated throughout.

i Milk is a source of 15 essential nutrients and adding it to your favourite recipes greatly improves the nutritional value of the meal. This One-Pot Tuna & Broccoli Pasta is a great recipe to get a nutritious and well-balanced dish on the table in a flash!

Your dietitian

Name: _____

Contact: _____

Organization: _____

Dietitians are regulated health care professionals, using their specialized food and nutrition knowledge and skills to translate science into trusted healthy living advice for all Canadians.

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