

ALBACORE “TUNA HELPER”

8 oz whole wheat pasta
6 oz package albacore tuna (omega 3s!)
2 tbsp olive oil mayo
3/4 cup frozen peas
Zest of 1 lemon
1-2 tbsp grated parmesan
Salt and pepper to season

Boil whole wheat pasta per package directions. Add frozen peas for 1 minute before taking off the heat. Drain once cooked and let cool. Add olive oil mayo, lemon zest, and salt/pepper to season. Sprinkle parmesan cheese if desired before serving.

Makes 2-3 servings Serving size: ~1 1/4 cups
Serve with large side salad or toss in other veggies (tomatoes, spinach, zucchini...) for a complete meal!

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