

# GARDEN BOW TIE PASTA



Makes 6 servings

Prep Time: 10 minutes

Cook Time: 20-25 minutes

## Ingredients

- 1 can (12 ounces) tuna, drained and flaked
- 1/2 pound bow tie pasta
- 2 tablespoons olive oil
- 1 cup sliced onions
- 1 cup chicken broth
- 3 tablespoons fresh thyme or 1 tablespoon dried thyme
- 4 cups frozen vegetable medley
- Garlic salt and pepper to taste

## Directions

1. Cook pasta according to package directions, drain; rinse.
2. In large skillet, heat olive oil over medium-high heat; sauté onions for 3-5 minutes.
3. Add broth and continue cooking 2 minutes.
4. Add thyme, tuna, vegetables, and mix gently.
5. Add pasta; season with garlic salt and pepper.
6. Heat 3-4 minutes or until broth is reduced.
7. Garnish option: grated Parmesan cheese.

## Nutrition information Per Serving

350 calories  
Total Fat 6 g  
Saturated Fat 1 g  
Protein 23 g  
Total Carbohydrate 53 g  
Dietary Fiber 8 g  
Sodium 450 mg

 Excellent Source of Iron

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

Recipe analyzed using  
1/4 tsp garlic salt and  
pepper each



## Eat Smart

