

## Can-Do Pasta Al Tonno

By Chef Ivan Flowers

Serves 4

1 Lb. Pasta  
1- 14 Oz. Can no salt added diced tomatoes  
2 Cans Albacore Tuna in water  
½ Cup Clam Juice  
¼ Cup White Wine or Low Sodium Chicken Stock  
½ Cup Fresh Basil, chopped  
¼ Cup Grated Parmesan  
1- 14 Oz. Can Artichoke Hearts, quartered  
4 Tbsp. Olive Oil  
1 Tbsp. Unsalted Butter  
3 Cloves Garlic, minced  
Juice of 1 Lemon  
1 Jar Roasted Red Peppers, diced  
1 Can Low Sodium Sliced Mushrooms  
½ Can Low Sodium Olives, sliced Salt Pepper  
½ Can Low Sodium or No Salt Added Peas

Open all the cans/jars and drain liquid with exception of the tomatoes, keep them in their liquid. Boil pasta in well-salted water according to package directions. As pasta cooks, place a large sauté pan over medium heat and add in the olive oil, butter and minced garlic. Cook for two minutes. Next add in: tomatoes, artichoke hearts, mushrooms, olives, tuna, red peppers, peas, wine, clam juice and lemon juice. Let it come to a simmer. Now add in the cooked and drained pasta and stir to combine. Salt and pepper to taste and stir in the fresh basil. Plate the pasta and top with Parmesan.