

# Rhonda's Tuna Pasta

This delicious pasta was created by my wife Rhonda. It was based upon a Tuna Puttanesca recipe, but since she was not in the mood for a tomato sauce, she used extra virgin olive oil, with a fresh tomato added for just a little of that character. This version is made with canned tuna. You could replace that with fresh if you'd like. This is a quick and easy recipe which would be perfect for a weeknight dinner. It's also a really easy recipe to cut in half if it's just the two of you.

Serves 4-5 as main course  
6-8 as a first course

1 pound pasta--such as linguine  
3 tablespoons extra virgin olive oil  
3-4 ounces pitted Kalamata olives--  
cut in half  
1/4 cup capers--rinsed  
2-3 cloves garlic--sliced thin  
2 Roma tomatoes--chopped  
pinch or two, crushed red peppers  
2 - 5 ounce cans Albacore Solid  
White Tuna in water--drained well  
Parmesan cheese (preferably  
Parmigiano Reggiano)  
fresh Italian Parsley--chopped

1. Pre-prepare and measure all ingredients (the French call this "mise en place" which means "to have in place").
2. Bring pasta water to boil (3-4 quarts with a tablespoon of salt added after water begins to boil). Add pasta and cook until nearly al dente.
3. While pasta is cooking, heat olive oil in a large sauté pan or straight sided skillet over medium heat. Add olives, capers, garlic, capers, tomatoes, and crushed red peppers. Sauté briefly.
4. Add tuna, and stir briefly, just until fully warmed--if pasta is not ready yet, turn off heat for now.
5. When linguine is nearly al dente, drain, reserving about a quarter cup of the pasta water.
6. Add pasta to tuna mixture along with the 1/4 cup of pasta water. Warm and toss over medium heat for about one minute. Salt and pepper to taste. You can also add more olive oil if desired.
7. Platter and garnish with Parmesan and parsley.



## Suggested Wine: *Orvieto*

Orvieto is grown near the beautiful hilltop town of that name in the region of Umbria. Though the region is land-locked, they love their seafood. This Orvieto had just the right flavors, acidity and light minerality which paired beautifully with this dish.

**Frankie's recommendation:** *Vallesanta Orvieto Classico*

## Frankie's Tips:

- ◆ You want a good quality tuna for this. I thought I preferred the ones in the foil pouch. We made it once with these and once with the Trader Joe's brand canned Albacore Solid White Tuna in Water, which I preferred. Afterwards I saw a Yahoo brand testing which rated the Trader Joe's brand #1. So it wasn't just me. It has great moisture, flavor, and firm texture--it just looked more like fresh fish.



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