



TUNA FARFALLE

INGREDIENTS

PREPARATION: 20 MINUTES

COOKING: 10 MINUTES

4 SERVINGS

2 cups dry farfalle pasta

2 tablespoons olive oil

2 garlic cloves, minced

1/4 teaspoon red chili flakes

1/4 teaspoon ground black pepper

1/2 cup artichoke hearts (packed in water), drained and diced*

2 cans (170g each) tuna (packed in water, unsalted), drained

1 cup arugula

1/2 cup parsley, washed and chopped

2 tablespoons lemon juice

1 tablespoon parmesan cheese, grated

* Artichoke is a high potassium vegetable and should be enjoyed in moderation.

PREPARATION

- 1** In a large pot, bring water to boil and cook pasta according to instructions on package.
- 2** Heat oil in a large skillet over medium heat. Sauté garlic with chili flakes and black pepper (2 minutes). Be careful not to burn the garlic.
- 3** Add artichokes, tuna, arugula, parsley and lemon juice to skillet and cook until arugula wilts.
- 4** Add the pasta to the sauce and toss it.
- 5** Sprinkle the pasta with parmesan cheese and serve.

Nutrient Analysis	
PER SERVING	
1/4 of recipe	
Renal exchange:	
3 Protein + 2 Starch + 1 Vegetable	
Calories	326Kcal
Protein	24g
Carbohydrates	38g
Fibre	2.7g
Total Fat	9g
Saturated Fat	2g
Cholesterol	21mg
Sodium	129mg
Potassium	414mg
Phosphorus	229mg