

RV GODDESS:

Spaghetti con il Tonno | Spaghetti with Tuna

Because most of the ingredients travel well, *Spaghetti con il Tonno* is a perfect RV recipe or quick week night supper. Whole wheat spaghetti is especially good with the tuna sauce - a great way to add healthy fiber. I serve this classic Italian recipe with simple tossed greens and a crusty bread. If you wish to kick it up - add a few ground anchovies or a little dried chili flakes! This recipe is for two people, but I'm trusting you to do the math to produce this dish for a crowd.

8 ounces spaghetti pasta (fresh or dried, your choice)
1 cup of your favorite marinara pasta sauce
½ cup white wine (or red... whatever you have... or water)
One can (6 ounces) white albacore tuna, packed in water, (drained and flaked)
1 Tablespoon capers, rinsed
One can (4 ounce) sliced black olives, rinsed and drained
Black pepper to taste (I used plenty)
Handful fresh Italian flat-leaf parsley, chopped (additional as garnish, if desired)

Put a large pot of salted water on to boil and cook the pasta according to the package directions, or until al dente. While the pasta boils, prepare the sauce: Place the marinara sauce, wine, tuna, capers, black olives, black pepper and parsley in a small sauce pan and heat through. Drain the pasta and return it to the pot. Pour the tuna sauce over the hot pasta, toss to combine and serve. Garnish with additional parsley, if desired.

Serves two.