



# FLOUR CITY PASTA

## LEMON GARLIC FETTUCCHINE ALLA SALERNITANA

This Italian dish is made with canned tuna not fresh. It is a much loved Italian fishing village ingredient with a unique character and taste.

- 1lb lemon garlic pasta cooked al dente (about 8 minutes).
- 1-1/2 lbs. fresh tomatoes
- Coarse grained salt
- 1 large clove garlic, peeled and left whole
- 4 tbs. olive oil
- 4 ounces green olives, pitted and coarsely chopped
- 4 tbs capers in wine vinegar, drained
- 10 large sprigs Italian parsley, leaves only, chopped
- Salt and freshly ground black pepper
- 4 anchovy fillets packed in oil, drained
- 4 ounces canned tuna packed in olive oil, drained
- Large fresh basil leaves

1. Blanch the tomatoes then remove the skins and seeds and cut into 1 inch squares.
2. Lightly crush the garlic. Heat oil in large skillet over medium heat; when warm add the garlic and lightly saute for 1 or 2 minutes or until very light gold in color.
3. Add the tomatoes, mix with wooden spoon, then add olives and capers and cook for a few more minutes.
4. Add the parsley and lightly season with salt and pepper.
5. Cook the pasta. When pasta has one minute left to cook, add the anchovies and tuna to the sauce.
6. Drain the pasta and serve with the sauce over the top. Sprinkle with the basil. Serve hot.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carb.</b> 81g	<b>27%</b>
Serv. Size 1/4 lbs (113g)	Sat. Fat 0.5g	<b>3%</b>	Fiber 5g	<b>19%</b>
Serv. Per Cont. 3	<i>Trans</i> Fat 0g		Sugars 1g	
<b>Calories</b> 380	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 16g	
Fat Cal. 25	<b>Sodium</b> 0mg	<b>0%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 10% • Calcium 4% • Iron 25%				

INGREDIENTS: Organic Wheat, Durum, Organic Garlic Powder, Organic Lemon Powder, Organic Turmeric Powder, Natural Wheat Protien

CONTAINS: Wheat

Flourcitypasta.com