

## Ziti with Broccoli and White Beans topped with Tuna

**Brought to you by Holly Clegg and *Eating Well Through Cancer***

Slices of tuna top pasta tossed with broccoli and white beans in a light broth sauce. If you have never prepared tuna, seasoning the tuna with salt and pepper and searing is simple and delicious. The tuna may be omitted for a pasta dish only.

Makes 4 - 6 servings

12 ounces ziti pasta  
2 tablespoons olive oil  
4 cups broccoli florets  
1 teaspoon minced garlic  
1/2 cup white wine or chicken broth  
1/2 cup chicken broth  
1 (16-ounce) can cannelloni beans, drained and rinsed  
1/4 cup grated Parmesan cheese  
16 ounces tuna filets  
Salt and pepper taste

1. Prepare pasta according to package directions. Drain, set aside.
2. In large nonstick skillet, heat olive oil over medium heat, stir-fry broccoli and garlic until broccoli is tender. Add wine, chicken broth and cannelloni beans.
3. Bring to boil; reduce heat, cook 5 - 7 minutes longer. Add pasta, toss together.
4. Meanwhile, season tuna with salt and pepper. Heat nonstick skillet with nonstick cooking spray, sear tuna on both sides, 3 minutes. Do not overcook. Slice tuna, serve over pasta dish.

**Nutrition information per serving:** Calories 429, Protein (g) 30, Carbohydrate (g) 56, Fat (g) 8, Calories from Fat (%) 16, Saturated Fat (g) 2, Dietary Fiber (g) 6, Cholesterol (mg) 38, Sodium (mg), 261, Diabetic Exchanges: 3 lean meat, 3 1/2 starch

Doc's Note: Tuna is a great source of protein and omega 3 fatty acids and the beans and cheese are added protein.