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Tuna Pasta with capers, tomatoes, parsley and lemon

By Susie Iventosch



Elizabeth Kirkpatrick's Tuna, Caper & Olive Pasta

(Serves 4)

INGREDIENTS

- 1 can chunk light tuna, packed in oil (12-ounce can is fine)
- 1/2 cup sliced olives
- 1/4 cup capers
- 1/2 cup chopped fresh Italian parsley
- Juice of one lemon
- 1 14-ounce can crushed tomatoes OR 1 to 2 cups diced garden-fresh tomatoes
- 1/4 cup extra-virgin olive oil
- 1 16-ounce box penne pasta

DIRECTIONS

Drain tuna and put in a bowl with olives, capers, lemon juice and tomatoes. Pour olive oil over the mixture until it covers the top of the tomatoes. Sprinkle the parsley over mixture and mix all of the ingredients together. Cover with plastic wrap and let sit all day on the counter, not in

direct sunlight, but not in the refrigerator. Stir occasionally throughout the day.

Make pasta according to directions on box. Drain and pour sauce on top. Serve immediately, while pasta is hot.

Susie's notes: I used sliced green Greek olives and fresh tomatoes. Also, we used tuna packed in water, which worked fine. And finally, although it is excellent with the canned tuna, I think this dish would also be delicious with grilled fresh Ahi in place of the canned tuna.

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