

PREPARATION: 20 MINUTES

COOKING: 10 MINUTES

SERVINGS: 4

# TUNA FARFALLE

## Nutrient Analysis

PER SERVING: ¼ of recipe

RENAL EXCHANGE: 3 Meat + 2 Starch + 1 Vegetable

Calories	<b>327 Kcal</b>	Sodium	<b>78 mg</b>
Protein	<b>23 g</b>	Potassium	<b>395 mg</b>
Total Carbohydrate	<b>36 g</b>	Phosphorus	<b>260 mg</b>
Fiber	<b>4 g</b>	Calcium	<b>56 mg</b>
Sugars	<b>2g</b>	Iron	<b>3 mg</b>
Fat	<b>10 g</b>	Magnesium	<b>61 mg</b>
Saturated	<b>2 g</b>	Vitamin C	<b>16 mg</b>
Cholesterol	<b>30 mg</b>		

## Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant



# TUNA FARFALLE

## INGREDIENTS

2 cups dry farfalle pasta

2 tablespoons olive oil

2 garlic cloves, minced

¼ teaspoon red chili flakes

¼ teaspoon ground black pepper

½ cup artichoke hearts (packed in water), drained and diced\*

2 cans (6 oz) tuna (packed in water, unsalted), drained

1 cup arugula

½ 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.



Presented by



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