

Farfalle with Sun-dried Tomato, Spinach and Basil

- 8 oz farfalle or bow-tie pasta cooked for 10-12 minutes
- 1 c sun-dried tomatoes (Costco brand - Neri)
- 2-3 T oil from the sun-dried tomato jar (stir first cause the bottom has good spices)
- 1 T olive oil (or less)
- 1 6 oz can of chunk light tuna
- 4 oz fresh spinach leaves
- 12-20 basil leaves
- 1/2 c finely sliced red onion
- 2 minced cloves of garlic
- 1 t red pepper chili flakes
- 1 T capers
- 2 T freshly grated parmesan cheese

Begin by very lightly chopping the sun-dried tomatoes with a little oil from the jar. You can either use a food processor or chop by hand. Saute the red onion in olive oil on low heat until softened. Add the minced garlic, cooking and stirring for a few minutes. Add the chopped sun-dried tomato. Then add the spinach and basil, stirring and allowing them to wilt. The tuna is added after separating the flakes with a fork. Stir gently just long enough to heat through, then pour over the cooked pasta, tossing to coat.

Jittery Cook