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Soba Pasta with Tuna and Veggies

Makes 4 Servings

Ingredients:

454g Soba Noodles
2 tbsp water
3 green onions, chopped
2 medium carrots, chopped
1 tsp sea salt
2 cans tuna (packed in water), drained
1/4 cup olive oil

Directions:

1. Cook pasta according to package directions.
2. Meanwhile, sauté chopped green onions, carrots in 2 tbsp water for 10 minutes. Add canned tuna and set aside.
3. Drain pasta, add olive oil and cooked mixture.
4. Can be served with or without grated cheese.

Note: The flavor of the dish can be easily changed by adding different vegetables, canned salmon, grilled chicken or tofu instead of canned tuna.