



ARTICHOKE TUNA TOSS

- 2 cans **Crown Prince Natural Tongol Tuna**, drained and flaked
- 3 1/2 cups water
- 1/4 cup unsalted butter
- 2 4.6 ounce packages garlic and olive oil vermicelli mix
- 1 16 ounce can artichoke hearts, drained and quartered
- 10 ounces frozen peas
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 4 cloves garlic, minced



In a saucepan, bring water and butter to a boil. Stir in vermicelli with contents of seasoning packets, artichokes, tuna, peas, oil, vinegar and garlic. Return to a boil; cook uncovered for 8-10 minutes, or until vermicelli is tender. Let stand 5 minutes before serving. *Serves 4.*

Per Serving: 463 Calories (136 Calories from Fat), 15g Fat, 30g Protein, 54g Carbohydrate, 68mg Cholesterol, 391mg Sodium