



## TUNA ALFREDO PASTA

- 1 12 ounce can **Crown Prince Natural Albacore Tuna**, drained and flaked
- 16 ounces penne or rotini pasta
- 20 ounces broccoli, cut into bite-size pieces
- 3 tablespoons unsalted butter
- 2 cloves garlic, minced
- 3 tablespoons all-purpose flour
- 2 cups 2% low fat milk
- 1/4 teaspoon ground nutmeg
- 1/3 cup shredded Parmesan cheese
- 1 teaspoon black pepper, freshly ground



Cook pasta according to package directions, adding the broccoli for the last 5 minutes of the cooking time.

Meanwhile, melt 1 tablespoon of butter in a large nonstick skillet over medium-high heat. Add tuna and garlic; cook for 2 minutes. Transfer to a bowl and set aside. Melt remaining butter, add flour and cook, stirring for 1 minute. Whisk in milk and nutmeg. Bring to a gentle boil and stir 3-4 minutes until thickened. Stir in tuna mixture.

Drain pasta, reserving 3/4 cup cooking water. Return to pot; add reserved water, sauce, cheese and pepper. Toss to mix. *Serves 6.*