

Olive & Lemon Oregon Albacore Linguine

Ingredients (serves 2-3)

½ lb linguine (half of a 16 oz package)
3-4 Tbl extra virgin olive oil
1 C chopped yellow or sweet onion (about ½ onion)
1 C cubed zucchini (small cubes, about ½ zucchini)
½ tsp salt
1 or 2 cloves garlic, crushed or minced
1 7.5 oz. can Oregon's Choice albacore tuna, drained
1-2 Tbl grated lemon zest
2 tsp lemon juice
10 pitted Kalamata olives, halved
2 tsp drained capers
¼ tsp Herbes de Provence (optional)
1-2 Tbl chopped fresh parsley (optional)



Preparation

Heat the olive oil in a frypan on medium high heat. Add the chopped onion

While the onion is cooking start the **Pasta**:

Boil water in a large saucepan. Add 1-2 tsp salt to the water

Add pasta to the boiling water and stir. Continue preparing sauce

Cook pasta until done, following package directions. Test for doneness as it cooks.

When done, drain pasta in a colander. If waiting on the sauce, place the linguine back in the saucepan and sprinkle with olive oil. Stir to keep separated. Set aside

Sauce

Cook onion until most parts are well browned

Add the zucchini to the onion & cook until it starts to become tender. Stir in the salt

Lower the heat and add the garlic. Flake the tuna and add to the pan

Grate the lemon for zest and add

Squeeze juice from the lemon and add.

Add the olives and capers. Taste for salt and add more if needed

Optional: add Herbes and/or ½ tsp ground black pepper and stir. Turn off heat

To serve, place pasta in individual bowls or plates

Top pasta with the olive & tuna mixture

If desired, sprinkle with parsley, parmesan cheese (and of course, more olive oil!)