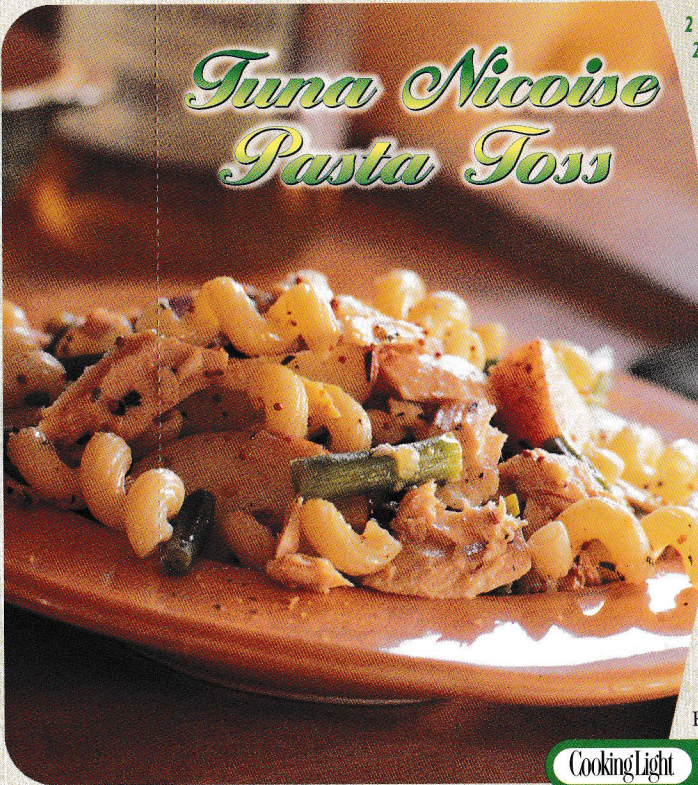




Tuna Nicoise Pasta Toss

2 c small red potatoes, quartered (about 10 oz) •
2 c (1-inch) cut green beans (about 1/2 pound) •
3 T olive oil, divided • 1/3 c diced shallots •
3 garlic cloves, minced • 4 c uncooked cavatappi
(spiral-shaped pasta) • 2 T dried tarragon •
2 T coarse-grained mustard • 1 T white wine
vinegar • 1/2 t salt • 1 (9-oz) can solid white
tuna in water, drained • Freshly ground pepper

Place potatoes in a medium saucepan. Cover with water; bring to a boil. Reduce heat; simmer 7 minutes. Add beans; cook an additional 3 minutes or until beans are crisp-tender. **Drain.** Heat 1 T oil in saucepan over medium heat. Add shallots; sauté 3 min. **Add** potatoes, beans, and garlic; cook 3 minutes, stirring occasionally. Cook pasta according to package directions, omitting salt and fat. Drain; set aside. Combine 2 T oil, tarragon, mustard, vinegar, and salt; stir well. **Combine** pasta, potato mixture, and tuna in a large bowl; toss well. Drizzle mustard mixture over pasta mixture, tossing gently to coat. **Serve** with freshly ground pepper. Yield: 5 servings (serving size: 1-1/2 cups).

Prep. Time: 5 min.
Cooking Time: 28 min.

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Calories 366 • Protein 18.4g • Fat 10.3g • Carb 50.1g • Chol
15mg • Sodium 467mg • Fiber 3.4g • Iron 4.1mg • Calc 69mg