

# Tuna Pasta

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ツナパスタ

## ● Ingredients (2 servings)

1 heart of Romaine Lettuce

A 5 oz. can of Tuna

2 servings Spaghetti (any kind of pasta is okay)

$\frac{1}{4}$  tsp. of Salt plus more for boiling spaghetti

$\frac{1}{4}$  tsp. of Pepper

1 Tbsp. Vegetable Oil

Boiled Water for boiling spaghetti



## ● Prepare



Boil some salted water and add 2 servings of spaghetti. Boil following the directions on the package and drain.



Cut the bottom off of a romaine lettuce and cut the remaining lettuce into slices that are about 2 inches thick.



Drain a 5 oz. can of tuna.

## ● Cook



Heat 1 Tbsp. of vegetable oil in a pan.



Add the boiled spaghetti, the drained tuna, and the cut lettuce at the same time and stir over medium-low heat for about 3 minutes.



When the lettuce becomes wilted, season with  $\frac{1}{4}$  tsp. of salt and  $\frac{1}{4}$  tsp. of pepper and combine well.



When the salt and pepper combine with the other ingredients, turn the heat off and transfer to a plate. Enjoy!!

