Sicilian Tuna Salad



Lovely, cold salad with lots of flavor

6 ounces tuna in oil, drained

1 1/2 teaspoons salt

1/2 pound penne pasta

2 tablespoons lemon juice, must be fresh

2 tablespoons extra virgin olive oil

1/2 teaspoon freshly ground black pepper

2 teaspoons capers, rinsed and drained

1/4 cup Italian parsley, chopped

1/4 cup fresh basil, chopped

1/4 cup fresh cilantro, chopped

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 4

Buy the oil-packed tuna, since the flavor is significantly better. The salad is really good and can be made up ahead. It keeps for 4-5 days with little or no deterioration. It is a fairly dry pasta salad - you can add more oil if you want to. If it's summer and you can find good tomatoes, they are a wonderful addition to the top of the salad or on the plate with it.You can use different pasta if you would prefer.

1. Drain the tuna as much as possible. Place tuna in a large bowl and using a fork break it into flakes. Set aside.
2. Bring a large pot of water to a boil. Add a teaspoon of salt, then add the penne, stir well, and cook ONLY until pasta is "al dente," firm to the tooth. This will be about 10-12 minutes depending on the brand. Drain well.
3. Meanwhile, into the bowl add the lemon juice, olive oil, remaining salt, and the pepper. Then add the hot, drained pasta and stir well.
4. Add the capers, parsley, basil, and cilantro and mix gently. Taste and adjust for seasonings. Cover and refrigerate for at least an hour before serving.
5. Transfer the salad to a serving bowl or divide among individual plates. It is better if it is served at near room temperature. Garnish with additional Italian parsley sprigs or basil leaves.

Per Serving (excluding unknown items): 359 Calories; 11g Fat (28.4% calories from fat); 20g Protein; 44g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 970mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.