

Pasta with Tuna, Sun-Dried Tomatoes, Artichoke Hearts, Lemon, and White Wine

1 (16 ounce) package linguine pasta
1/4 cup olive oil, divided
1/2 cup diced onion
2 tablespoons chopped fresh thyme
1 1/2 pounds fresh tuna steaks, cubed
1/2 cup dry white wine
2 cups chicken stock
1/4 cup fresh lemon juice
1 tablespoon lemon zest
1/2 cup chopped oil-packed sun-dried tomatoes
3/4 cup sliced marinated artichoke hearts
salt and freshly ground black pepper to taste

RECIPE

DIRECTIONS:

Bring a large pot of lightly salted water to a boil. Add linguine pasta, cook for 8 to 10 minutes, until al dente, and drain.

Heat 2 tablespoons olive oil in a large saucepan over medium-high heat, and cook the onion 4 minutes, until tender. Mix in the thyme, and continue cooking 2 minutes, until onion is golden brown. Set aside onion and thyme. Place the tuna in the saucepan, and cook 2 to 3 minutes, until browned. Set aside, and keep warm.

Heat the remaining oil in the saucepan. Return the onion and thyme to saucepan, and stir in the white wine. Cook until reduced by about 1 tablespoon. Mix in the chicken stock, lemon juice, and lemon zest. Reduce heat to medium, and continue cooking 10 minutes, until reduced to about 3/4 cup.

Mix the sun-dried tomatoes and artichoke hearts into the saucepan, and cook just until heated through. Return tuna to the saucepan, and cook to desired doneness. Toss the cooked pasta into the saucepan. Season with salt and pepper.

Servings Per Recipe: 8. Amount Per Serving - Calories: 395, Total Fat 10.3g ,Cholesterol 39mg, Sodium 318mg, Dietary fiber 3.6g, Protein 27.7g

TIP

Exercise In Your Spare Time

From the shower to the nightly news, from your trip to work to your housework, there are many ways to sneak healthy activities into daily living. In the shower or tub you can increase your stretching ability because of the warm water. While driving or riding you can do simple exercises. For example, while you wait at a stop light, tighten your thighs and butt muscles and release as many times as you can. This will firm your leg and buttock muscles, improve blood flow, and keep you occupied in heavy traffic. If you are standing in a line, lift one foot half an inch off the ground. The extra stress on your opposite foot, ankle, calf and thigh, plus your buttocks, will help firm and tone muscles. Switch feet every few minutes. Every time you pick something up from the floor, do a squat as you do so. This makes you use your leg muscles and will help build strength. While watching TV you can do stretches and twists. These little spurts of exercise won't replace a 30-minute walk or workout with weights but you can add them to your life with just a little effort

FUNNY

I joined a health club last year, spent about 400 bucks.
Haven't lost a pound. Apparently, you have to go there.

W
E
H
I
Z
E
S
S
S
S
E
P
T
E
M
B
E
R