Grab ‘n’ Go Dinner for Tonight

Tuna & Veggies with Linguine
Serves: 4

Ingredients:	Where to find it:
1/4 of a 16 oz package whole wheat blend linguine	Aisle 2
1 cup cubed zucchini	Produce Dept.
1 cup cubed summer squash	Produce Dept.
1 cup chopped red bell pepper	Produce Dept.
2 (6 oz) cans albacore or chunk white tuna, packed in water, drained	Aisle 3
1 can (10 3/4 oz) reduced-fat, reduced-sodium cream of chicken soup	Aisle 3
1/2 cup skim or 1% milk	Refrigerated Dairy
1/2 tsp lemon pepper	Aisle 5
1 Tbsp bottled capers, rinsed (optional)	Aisle 1
1/4 cup shredded Parmesan cheese	Refrigerated Cheeses

1. Prepare linguine noodles according to package directions, omitting salt and oil. Add zucchini, summer squash and bell pepper during the last 4 minutes of cooking time. Drain together in a colander, and return to cooking pan; cover to keep warm.

2. Heat a large nonstick skillet over medium-high heat and spray with nonstick cooking spray. Add tuna, soup, milk, lemon pepper and capers; stir gently until ingredients are heated through, about 2-3 minutes.

3. Add soup mixture to linguine and vegetables in the larger pan; stir gently to coat the noodles with sauce. Sprinkle each serving with Parmesan cheese.

Tuna & Veggies with Linguine
Servings Per Meal (4)

Amount Per Serving	
Calories 290	**Calories from fat 40**
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Cholesterol 30mg	10%
Sodium 730mg	30%
Total Carbohydrate 35g	12%
Dietary Fiber 7g	28%
Sugars 5g	
Protein 29g	

Vitamin A 35% • **Vitamin C** 100%
Calcium 15% • **Iron** 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

A Healthy Plate

Includes carbohydrates, protein, fruits and vegetables

Create a healthy plate by adding whole wheat bread and fruit for dessert.

Tonight’s Grab ‘n’ Go Dinner Cost per serving: $1.93

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

SHAPE UP Kittitas County
www.shapeupkc.org

All ingredients will be marked with the Shape Up Kittitas County logo.