Pasta Puttanesca with Poke
Adapted from “A Splash of Aloha”
Serves 4-6.

8 oz. Prepared ahi poke (NOT spicy)
3 T. Capers, drained
1 # Bowtie pasta
1 T. Fresh rosemary, chopped (or 1 tsp. dry)
3 T. Olive oil
1/3 C. Kalamata olives, pitted and quartered
2 cloves Garlic, minced
1 tsp. Black pepper
1/2 Onion, chopped
2-oz. can Anchovies, chopped, oil reserved
14-oz. can Diced tomatoes
2 T. Italian parsley, chopped
1 C. White wine

1. Prepare pasta according to package directions. Drain well and rinse with water.
2. Drain any juice from the poke and discard.
3. In a large preheated skillet, pour reserved anchovy oil and olive oil into the pan.
4. Add garlic and onions and sauté until translucent, about 5 minutes.
5. Add tomatoes along with juice, wine, capers, rosemary, olives, pepper, and anchovies.
6. Increase heat to medium-high and cook for 3 minutes or until sauce slightly thickens.
7. Add in drained poke and stir until just barely cooked through.
8. Combine cooked poke, sauce, and parsley with prepared pasta.
9. Toss well to heat through.

Substitute 2 5-oz. cans of tuna packed in water, drained for poke.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (30g)</th>
<th>Servings Per Container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 510</td>
<td>Calories from Fat 130</td>
</tr>
<tr>
<td>Total Fat 15g</td>
<td>23%</td>
</tr>
<tr>
<td>Saturated Fat 2.5g</td>
<td>13%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 10mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium 860mg</td>
<td>36%</td>
</tr>
<tr>
<td>Total Carbohydrate 75g</td>
<td>25%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars 7g</td>
<td></td>
</tr>
<tr>
<td>Protein 27g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A%  •  Vitamin C 25%
Calcium 10%  •  Iron 20%

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  •  Calorie 2,500

Total Fat Less Than 65g  •  Less Than 76g
Saturated Fat Less Than 20g  •  Less Than 25g
Cholesterol Less Than 300mg  •  Less Than 300mg
Sodium Less Than 2,400mg  •  Less Than 2,400mg
Total Carbohydrate 300g  •  375g
Dietary Fiber 25g  •  30g

Calories, weights may vary.