

Linguine with Tuna (for 4)

Recipe Cookbook: The Working Family's Cookbook

INGREDIENTS:

2 large red bell peppers, or 7 oz jar red bell peppers, drained/rinsed
3 TBS pine nuts
1/4 C olive oil
1 medium-size red onion, chopped
2 medium-size cloves garlic, chopped
1/4 tsp hot red pepper flakes
1 TBS chopped marjoram, or 1 tsp dried
Salt
1 (6 oz) can tuna, preferably packed in oil, drained
2 TBS lemon juice
1 TBS capers
3 TBS parsley, chopped
12 oz linguine

DIRECTIONS:

If using fresh peppers, broil till charred, then put in a bowl & cover tightly with plastic wrap. When cool enough to handle, stem, seed & peel. Cut fresh or jarred roasted peppers into 3/4-1"-wide strips & each strip into 1-1/2" lengths. Bring a large pot of water to the boil for the pasta.

Heat a medium frying pan (without oil) over medium-high heat. Add pine nuts & cook, shaking pan (about 2 minutes till nuts are lightly browned & fragrant). Watch them closely; once they begin to brown they'll burn quickly. Remove them from the pan. Reduce heat to medium - add oil to pan. Add onions & cook about 5 minutes till softened. Add garlic & red pepper flakes - cook 1 minute. Add peppers & marjoram - cook 3-4 minutes till peppers are heated through & the flavors are blended. Season to taste with salt.

Break up the tuna into a serving bowl. Add the lemon juice, capers & parsley. Add salt to the boiling water & then the pasta - cook 8-10 minutes till pasta is tender. Drain & add to the serving bowl along with the pepper mixture. Toss pasta till coated with sauce. Sprinkle with the pine nuts & serve.