*One-pot* *Tuna and Broccoli Pasta*

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This is truly a one-pot dish – the pasta cooks in the milk and creates the sauce. With all four foods groups in one simple dish, you’re set for dinner.

Ingredients:

* 2 ¾ cups (675ml) 1% milk, divided
* 1 ¾ cup (425ml) water
* 10oz (300g) whole wheat rotini or fusilli pasta
* 6 cups (1.5L) chopped broccoli florets (1 large bunch)
* 8oZ (250g) ricotta cheese
* 1 tsp. (5ml) grated lemon zest
* 3 Tbsp. (45ml) freshly squeezed lemon juice
* ¼ tsp. (1ml) pepper
* 2 cans (340g) water-packed flaked tuna, drained

Directions:

1. Add 2 ½ cups (625ml) of milk and water to a large pot.
2. Cook over medium heat until steaming.
3. Stir in pasta.
4. Cover pot and reduce heat to medium-low.
5. Boil for 10 minutes, stirring once.
6. Add broccoli on top of pasta.
7. Cover and boil for 5 minutes. Pasta will be tender. Broccoli will be tender but still crisp.
8. Stir in ricotta, lemon zest, lemon juice, and pepper into pot. Mix well.
9. Add some milk if sauce is too thick.
10. Gently stir in tuna.
11. Remove from heat when pasta is heated through.
12. Serve.