

Microwave Cooked Pasta with Instant Tuna Parmesan



TIP: This slight variation on microwave cooked pasta with instant chicken Parmesan is a great way to use leftover pasta to put together a fast, energy-sustaining flavorful meal. All it takes is mixing cooked pasta, a can of tuna, your favorite pasta sauce, some cheese, and then warming it for about 1 1/2 minutes in the microwave oven. Easy!

Preparation Time: About 3-5 minutes

Cooking Time: about 2 minutes

Needed (for 1)

Handful Cooked/Leftover Pasta

5 Ounce Can of Tuna (preferably packaged in water)

Favorite Pasta Sauce

Handful Grated Mozzarella Cheese (can be substituted by any other favorite cheese, like the reduced fat mix of four Italian cheeses shown below)

Grated or Shredded Parmesan Cheese

Microwave Oven Safe Bowl

Can Opener

Fork

Paper Towel



1. Put **a handful of cooked/leftover pasta** in a *microwave oven safe bowl*.



2. Use a can opener to open most of the tuna can making sure to leave a small piece of the can top connected to the can as shown in the top left picture below. Then use your thumb to squeeze the can top into the **tuna** in the can over the sink to drain as much **water** as possible.



Use a fork (**NOT YOUR FINGERS**) to pry the can top open, scoop the **tuna** onto the **pasta** in the bowl, and then mix the **pasta** and **tuna** together.



3. Add a good shot of your favorite pasta sauce and a generous handful of shredded mozzarella cheese.



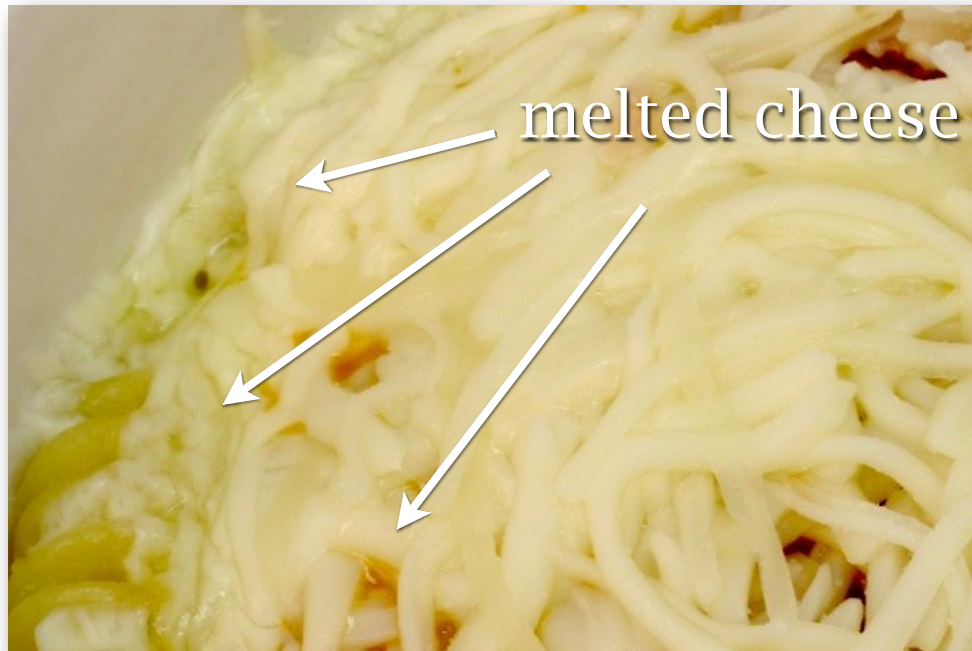
4. Cover the bowl with a folded paper towel to minimize splatter, put the bowl in the middle of the microwave oven, and cook for about 1 1/2 minutes using your microwave oven's 100% POWER or HIGH heat setting. **NOTE:** I used a 1200 watt microwave oven. Cooking time will vary depending on your microwave oven wattage.



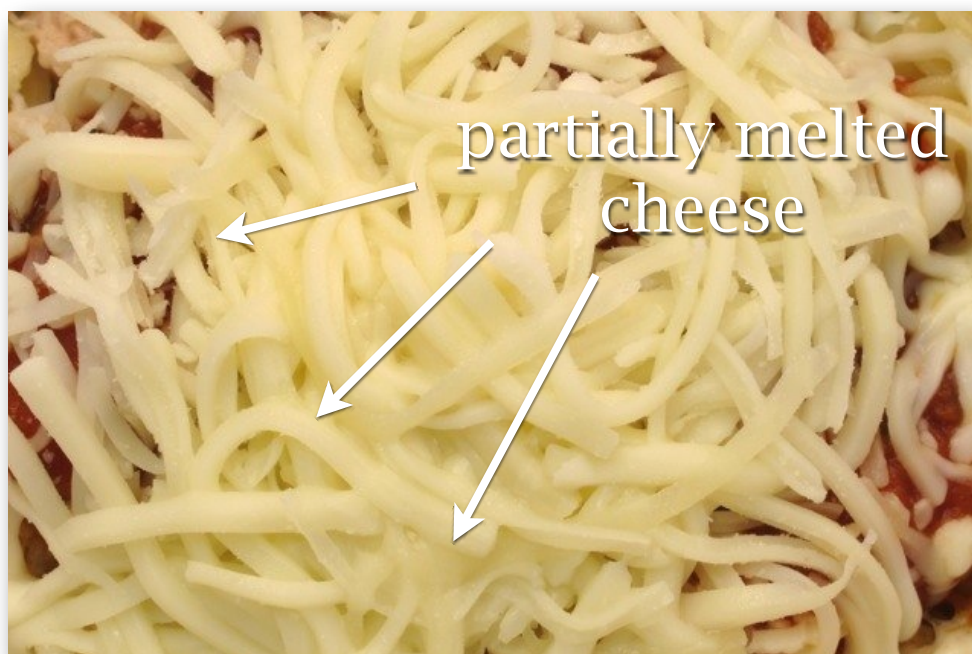
5. After warming, *carefully* remove the bowl from the microwave oven (I grip the bowl from the top bowl edge, where it is coolest), and...



...check for doneness. The **pasta with instant Parmesan** is properly cooked when the **cheese** has melted as shown here.



...If, however, the **cheese** in your bowl has not yet melted, as shown here,...



...keep cooking in the microwave oven at 30-second intervals until the **cheese** has melted (I sometimes have to do this depending on how full I make my bowl - no problem).

6. Serve warm either as is or topped with a **shot of balsamic vinegar** (yah, that's a big shot) and/or **grated or shredded Parmesan cheese**.

