



Sardine Penne Arrabbiata

- 1 15 ounce can **Crown Prince Oval Tomato Sardines**, flaked
- ¼ cup olive oil
- 2 cloves garlic, minced
- 1 small onion, diced
- 3 cups canned crushed tomatoes in thick puree
- 1 large tomato, peeled and chopped
- 1¾ teaspoons salt
- ½ teaspoon dried red pepper flakes
- 3 tablespoons chopped fresh parsley
- 2 tablespoons capers, drained, rinsed and chopped
- 1 pound penne, cooked according to package instructions



In a large saucepan, heat oil over medium heat. Add garlic, onion, tomatoes, salt and pepper flakes and bring to a simmer. Simmer the sauce until thick, about 30 minutes.

Add the sardines and 2 tablespoons of parsley to the sauce. Bring back to a simmer and continue simmering until sardines are heated through. Add the penne and mix well.

Servings: 4

Per Serving: 786 Calories (225 calories from fat), 24g Fat, 34g Protein, 105g Carbohydrate, 80mg Cholesterol, 1858mg Sodium