

PASTA PUTTANESCA

INGREDIENTS

- 1/2 lb** Pasta (bow tie **OR** Farfelle) (whole wheat **OR** gluten-free **OR** organic corn pasta)
- 1 T** Olive oil
- 3 cloves** Garlic (minced)
- 1** Tomatoes (28 oz) (plum)
- 2 T** Capers (drained)
- 1 t** Oregano
- 1 t** Basil
- Red pepper flakes (to taste)
- 1/2 C** Olives (black) (chopped)
- 1/4 C** Parsley (Italian) (chopped)



DIRECTIONS

- 1 Cook pasta according to directions on the package
- 2 In a saute pan heat olive oil & saute garlic until golden
- 3 Chop tomatoes with a scissors & add to the pan
- 4 Add capers, oregano, basil & red pepper flakes
- 5 Add olives & cook (10-15 minutes)
- 6 Add the parsley & mix with the drained pasta

