
Jaded Palate Spaghetti

Windsor family Cookbook

Windsor Vineyards, Windsor CA

Servings: 4

3 tablespoons olive oil

1 clove garlic, minced

4 anchovy fillets, chopped

1 can (14 ounce) peeled tomatoes with juice

1 pound spaghetti

2 tablespoons black olives, pitted and chopped

2 tablespoons Italian parsley, chopped

coarsely ground black pepper

Heat the oil over low heat. Add the garlic and anchovies. Cook, stirring, until the anchovies are dissolved, about 3 minutes.

Add the chopped tomatoes and red pepper. Heat to simmering. Cook over medium heat until the sauce is slightly reduced, about 10 minutes.

Meanwhile, cook the spaghetti al dente. Drain and toss with sauce, olives and parsley. Sprinkle with black pepper.

Pasta

Per Serving (excluding unknown items): 526 Calories; 13g Fat (22.1% calories from fat); 16g Protein; 85g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 193mg Sodium. Exchanges: 5 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.