

Pasta Puttanesca

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Servings: 6

1 tablespoon olive oil
3 cloves garlic, chopped
1 medium (2-1/2 cups) zucchini, grated
4 anchovy fillets from a can, mashed with a fork
1 can (28 ounce) whole tomatoes, undrained
1/2 teaspoon crushed red pepper flakes
1/2 cup kalamata olives, chopped
2 tablespoons capers, drained
2 tablespoons fresh basil, chopped
16 ounces hot cooked spaghetti
1 ounce Parmigiano Reggiano cheese, grated

In a large nonstick skillet, heat the oil over medium heat. Add the garlic and saute' for 1 minute. Add the zucchini and saute' until soft, about 4 minutes.

Stir in the anchovies. Add the tomatoes, red pepper flakes, olives and capers. Cook for 5 minutes, stirring occasionally and breaking up the tomatoes with a spoon.

Remove from the heat and stir in fresh basil.

Serve over the spaghetti with the cheese.

For a milder sauce, omit the capers and decrease the amount of red pepper flakes

Per Serving (excluding unknown items): 84 Calories; 8g Fat (79.6% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 343mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	84	Vitamin B6 (mg):	.1mg
% Calories from Fat:	79.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	17.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	8g	Folacin (mcg):	11mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	343mg
Potassium (mg):	138mg
Calcium (mg):	10mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	8mg
Vitamin A (i.u.):	281IU
Vitamin A (r.e.):	28RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 84 Calories from Fat: 67

% Daily Values*

Total Fat 8g	12%
Saturated Fat trace	2%
Cholesterol 0mg	0%
Sodium 343mg	14%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	3%
Protein 1g	
Vitamin A	6%
Vitamin C	13%
Calcium	1%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.