

Spaghetti Alla Puttanesca

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Servings: 4

*1 pound spaghetti or
vermicelli*

salt

1 1/2 tablespoons olive oil

*3 cloves garlic, finely
chopped*

3 anchovy fillets, chopped

*14 ounces Italian plum
tomatoes, undrained*

*4 ounces (one cup) pitted
black olives*

*4 tablespoons capers,
chopped*

*chopped parsley (for
garnish)*

In a large pan of boiling water, cook the pasta following package directions carefully; do not overcook.

Place olive oil in a skillet. Add the garlic and anchovies. Cook gently until they are almost melted. Stir in the chopped tomatoes with their juice, the black olives and capers. Cook for 5 minutes.

When the pasta is ready, drain it. Add the tomato sauce. Mix well. Sprinkle with parsley.

Serve immediately.

Per Serving (excluding unknown items): 79 Calories; 6g Fat (66.3% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 234mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.