

Spaghetti Caruso

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Yield: 4 to 6 servings

*1 large (1 cup) onion,
chopped
1 large clove garlic, crushed
1 tablespoon oil
1 pound chicken livers,
halved
1 can (15 ounce) tomato
sauce
grated Parmesan cheese
1/2 teaspoon basil
salt (to taste) (optional)
pepper (to taste) (optional)
1 package (16 ounce)
spaghetti, cooked and
drained*

Cook the spaghetti according to package directions.

In a large skillet, saute' the onion and garlic in oil until tender. Add the chicken livers. Stir over medium heat for 3 minutes or until brown.

Stir in the tomato sauce, one tablespoon of Parmesan cheese, basil, salt and pepper (if using). Cover. Cook over low heat for 10 minutes or until the chicken livers are no longer pink inside.

Serve over the spaghetti. Sprinkle with additional Parmesan cheese.

Per Serving (excluding unknown items): 1125 Calories; 33g Fat (26.6% calories from fat); 97g Protein; 107g Carbohydrate; Dietary Fiber; 1993mg Cholesterol; 1851mg Sodium. Exchanges: Grain(Starch); 12 Lean Meat; 2 1/2 Fat.