
Spaghetti with Garlic and Oil

Frances Wallin

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Servings: 4

1 pound spaghetti

6 tablespoons extra-virgin olive oil

3 cloves garlic, chopped

4 tablespoons fresh parsley, chopped

salt

freshly ground black pepper

freshly grated Parmesan cheese

Drop the spaghetti into a large pan of rapidly boiling salted water.

In a large frying pan, heat the oil and gently saute' the garlic until barely golden (Do not let it brown or it will taste bitter).

Stir in the parsley. Season with salt and pepper. Remove from the heat until the pasta is ready. Drain the pasta when it is al dente.

Add the spaghetti to the pan with the oil and garlic. Cook together for 2 to 3 minutes, stirring well to coat the spaghetti with the sauce.

Serve at once in a warmed serving bowl with Parmesan cheese.

(Note: Use the best quality oil available for this dish.)

Pasta

Per Serving (excluding unknown items): 605 Calories; 22g Fat (33.1% calories from fat); 15g Protein; 86g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 5 1/2 Grain(Starch); 0 Vegetable; 4 Fat.