

# Spaghetti with Olives, Capers and Tomatoes

*Gael & Mitch Lee*

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## **Servings: 5**

*5 tablespoons olive oil  
4 tablespoons butter  
2 cloves garlic, chopped  
1 can flat anchovy fillets,  
chopped  
2 tablespoons capers,  
rinsed  
5 ounces ripe olives, halved  
and pitted  
12 ounces tomatoes,  
canned or fresh  
salt  
pepper  
12 ounces spaghetti  
2 tablespoons parsley (for  
garnish)  
Parmesan cheese (optional)*

In a large skillet, heat the oil and butter. Saute' the garlic and anchovies until the garlic begins to color.

Add the capers, olives and tomatoes. Simmer gently for 20 minutes. Season well to taste.

Cook the spaghetti until al dente. Drain and pour into the skillet with the sauce. Cook together for a few minutes.

Add fresh Parmesan cheese, if desired. Sprinkle with parsley.

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Per Serving (excluding unknown items): 501 Calories; 27g Fat (48.1% calories from fat); 10g Protein; 56g Carbohydrate; 3g Dietary Fiber; 25mg Cholesterol; 382mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates.