

PASTA PUTTANESCA

SERVES: 6 | SERVING SIZE: 1/2 cup sauce over 1 cup cooked spaghetti topped with 1 tablespoon grated parmesan cheese
PREP: 15 minutes | READY: 35 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1/2 cup finely diced onion
- 4 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/8 teaspoon crushed red pepper flakes
- 3 tablespoons tomato paste
- 1/3 cup whole, pitted kalamata olives, roughly chopped
- 3 tablespoons capers
- 1 teaspoon anchovy paste or 2 to 3 anchovy fillets
- 1 can (28 ounces) whole peeled tomatoes or crushed tomatoes
- 1 teaspoon granulated sugar
- 9 ounces dry spaghetti, whole-wheat preferred
- 3/8 teaspoon kosher salt
- 1/4 cup minced fresh basil
- 6 tablespoons grated Parmesan cheese



DIRECTIONS

In a large saucepan, heat oil over medium-low heat and sauté onion and garlic for 2 to 3 minutes or until onions soften. Add oregano and red pepper flakes and continue to sauté 30 seconds, allowing spices to bloom. Add tomato paste, olives, capers, and anchovy paste and sauté an additional 1 to 2 minutes, stirring frequently.

Crush tomatoes by hand into bite-size pieces (or roughly chop). Add tomatoes, along with juices from can, and sugar to saucepan. Reduce heat to low and allow sauce to gently simmer for 10 minutes. While sauce is simmering, cook spaghetti according to package directions, omitting salt if called for.

Remove puttanesca sauce from heat. Add salt and basil and stir to combine. Drain cooked pasta. One serving consists of 1 cup cooked spaghetti topped with a 1/2 cup puttanesca sauce and 1 tablespoon parmesan cheese.

NUTRITION INFORMATION PER SERVING (nutrition information reflects using whole-wheat spaghetti)

273 calories, 10 g total fat, 2 g saturated fat, 0 g trans fat, 4 mg cholesterol, 640 mg sodium, 41 g total carbohydrate, 7 g dietary fiber, 6 g total sugars, 1 g added sugars, 10 g protein, 0 mcg (0%) vitamin D, 121 mg (10%) calcium, 3 mg (15%) iron, 472 mg (10%) potassium

