
Spaghetti with Putanesca Sauce

Jessica Rao

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1/4 cup olive oil
3 cloves garlic, finely minced
pinch red pepper flakes
3 tablespoons anchovy paste
2 tablespoons capers, rinsed and drained
1/2 cup Kalamata olives, sliced
1/4 cup white wine
1/2 cup chicken broth
1 can (28 ounce) crushed tomatoes
4 quarts water
1 pound spaghetti
2 tablespoons fresh parsley, minced
grated cheese

Place the olive oil in a large skillet. Saute' the garlic, pepper flakes, anchovy paste, capers and olives for approximately 4 minutes. Add the wine; allow to evaporate slightly. Add the chicken broth and tomatoes. Cook for 20 minutes.

In a saucepan, bring water to a boil. Cook the pasta according to package directions until al dente. Set aside one cup of the pasta water. Drain the pasta. Add to the sauce and stir. Add pasta water, if needed.

Sprinkle parsley on top. Serve with grated cheese on top.

Condiments, Sauces

Per Serving (excluding unknown items): 2698 Calories; 101g Fat (34.3% calories from fat); 75g Protein; 358g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 2656mg Sodium. Exchanges: 22 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 17 Fat; 0 Other Carbohydrates.