



whole-wheat bow tie pasta with puttanesca sauce

Prep time: 10 minutes

Cook time: 12 minutes

capers, olives, and anchovy paste will make this quick, but rich, sauce a weeknight favorite

- 8 oz whole-wheat bow tie pasta (farfalle)
- 2 Tbsp olive oil
- 1½ C onion, diced
- 2 Tbsp garlic, minced or pressed (about 5 cloves)
- ¼ tsp cayenne pepper
- 2 tsp anchovy paste (optional)
- 1 can (35 oz) no-salt-added whole peeled tomatoes, coarsely chopped
- 1 Tbsp capers
- 8 pitted black olives, each sliced lengthwise into 6 pieces
- 4 fresh parsley sprigs, rinsed and dried (optional)

- 1 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 2 Add pasta, and cook according to package directions for the shortest recommended time, about 10 minutes. Drain.
- 3 Meanwhile, in a large nonstick pan, heat olive oil over medium heat. Add onion. Cook and stir for 5 minutes, until onion begins to soften.
- 4 Add garlic, cayenne pepper, and anchovy paste. Cook and stir another 5 minutes.
- 5 Add chopped tomatoes, capers, and olives. Cook and stir until heated through.
- 6 Divide pasta among four dinner plates (about 1½ cups each). Spoon sauce over pasta. Garnish with parsley if desired.

Tip: Excellent with **Grilled Romaine Lettuce With Caesar Dressing** (on page 105) and pan-grilled shrimp or chicken.



yield:

4 servings

serving size:

about 1½ C pasta

each serving provides:

calories	342	total fiber	12 g
total fat	8 g	protein	11 g
saturated fat	1 g	carbohydrates	62 g
cholesterol	9 mg	potassium	537 mg
sodium	455 mg		