



# Pasta Puttanesca

**Yield:** 7 servings

## Ingredients

- 1 tablespoon extra virgin olive oil
- 3 garlic cloves, peeled and sliced thin
- ¼ teaspoon red pepper flakes
- 2 tablespoons tomato paste
- 28 ounce can whole peeled tomatoes, low or no salt added
- ¼ cup chopped kalamata olives
- 2 tablespoons capers, drained
- 13 ounces whole wheat angel hair pasta
- ¼ cup fresh basil leaves

## Instructions

1. Heat a large saucepan over medium heat. Add the oil, garlic and red pepper flakes, cook until garlic is lightly golden. Add tomato paste, stir continuously for about 1 minute.
2. In a medium bowl crush whole tomatoes by hand and add tomatoes and their juices to saucepan. Add olives and capers and simmer sauce until it thickens slightly.
3. Meanwhile boil a large pot of water and cook pasta al dente according to package directions. Reserve 1 cup of pasta water, drain pasta.
4. Add pasta to sauce, adding small amounts of pasta water to thin the sauce if necessary. Garnish pasta with torn basil leaves.

## Nutrition Information

**Serving Size:** ¾ cup  
Calories: 226  
Total Fat: 3.8 g  
Monounsaturated Fat: 1.7 g  
Polyunsaturated Fat: 0.2 g  
Saturated Fat: 0.3 g  
Sodium: 140 mg  
Total Carbohydrate: 42 g  
Dietary Fiber: 7 g  
Sugars: 4.4 g  
Protein: 8.8 g

Source: Adapted from Food & Wine

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