

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Pasta Puttanesca

Ingredients:

- 8 oz Rice Pasta – Thin Spaghetti or Angel Hair
- 1 T Extra Virgin Olive Oil
- 2 cloves garlic, minced
- 1/3 cup chopped flat leaf parsley
- ½ c Kalamata olives
- 2 T Capers
- 1 T Fresh oregano or 1 tsp dried
- 1/8 tsp crushed red pepper flakes
- 1 14 oz can diced tomatoes
- 1 cup chopped arugula
- ¼ c grated raw milk cheese

Directions:

- Cook pasta per directions on the box.
- While the pasta is cooking, heat the oil in a large skillet over a medium heat. Add garlic and sauté until fragrant, about a minute.
- Add the parsley, olives, capers, oregano and crushed red pepper flakes to the skillet, and sauté for 2 minutes more.
- Add the tomatoes and simmer for about 5 minutes. Stir in arugula and simmer for 1 minute more, until greens wilt slightly.
- When the pasta is done, drain it and add it to the skillet, tossing it with the sauce to combine. Top with grated cheese.