

Pasta a la Puttanesca

Zov Karamardian, of Zov's Bistro, Tustin



- 1 bunch green onions, chopped
- 6 cloves garlic, minced
- 1 tablespoon extra-virgin olive oil
- 4 cups tomatoes, canned, drained
- 1/2 c parsley, minced
- 1/2 c basil, fresh, minced
- 1/2 c capers
- 1/2 c olives, black, Mediterranean
- 1/2 c extra virgin olive oil
- 2 ea anchovies, mashed
- 1/2 c parmesan cheese, imported, grated
- 1/4 tsp hot chili flakes
- 1/8 tsp black pepper, cracked

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 10

If desired (not from Zov's recipe) you can add strips of cooked chicken breast. Sometimes I reduce the olive oil some, although it's not as good. Traditionally you should use Kalamata olives in this, but any other kind of Mediterranean cured olive will do.

1. Heat the small quantity of olive oil in a small skillet and add green onions. Cook for 2-3 minutes, then add minced garlic. Allow to cook together gently for 2-3 minutes. Do not brown.
2. In a large, non-metallic bowl combine the tomatoes, pitted olives, capers, anchovies and add the onion/garlic mixture. Add parsley, basil, chili flakes, pepper. Slowly stir in olive oil and allow to sit at room temperature for about an hour. Fold in cheese just before serving. Can be made a day or so ahead, but add fresh basil and cheese at last minute.
3. Cook pasta of your choice, drain, and pour into large bowl. Pour room temperature puttanesca sauce on top and sprinkle with additional cheese. Serve immediately adding strips of chicken on the top if desired. Recipe says you can serve it warm or cold. Or, place a serving size of hot pasta on a plate and add about 1/2 cup of mixture on top and add chicken strips, if desired.

Per Serving (excluding unknown items): 159 Calories; 14g Fat (78.4% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 370mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.