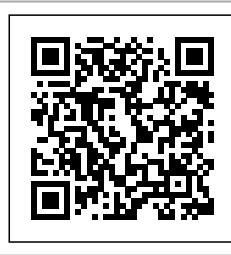


Sweet and Salty Spaghetti



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Recipe by: Laura Vitale

Serves 2

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

__ 6oz of Spelt Spaghetti or you can use whole wheat or regular

__ 3 Tbsp of Olive Oil

__ 2 Tbsp of Pine Nuts or Chopped Walnuts

__ 3 Tbsp of Golden or Dark Raisins

__ 3 Tbsp of Pitted and Chopped Kalamata

Olives

__ 1 Tbsp of Capers, drained

__ 2 Fresh Tomatoes, diced

__ 2 Tbsp of Fresh Basil

__ 1 Tbsp of Fresh Parsley

__ 2 Cloves of Garlic

__ Fresh Parmigiano, to serve

1) Preheat the oven to 350 degrees.

2) Fill a large pot with water, add in a generous pinch of salt and bring to a boil. Add the pasta and cook it according to package instructions.

3) Place the nuts in a baking sheet and bake them for about 10 minutes or until lightly golden brown.

4) In a small skillet, add the garlic and oil and allow them to cook for a few minutes over medium heat, add the tomatoes, olives, capers and raisins, let the mixture cook for about 5 to 6 minutes, season to taste lightly with salt and pepper, add the herbs and turn the heat off.

5) Drain your pasta well and place it back in the hot pot. Add your sauce along with a good generous sprinkle of parmigiano reggiano, toss together well top the pasta with the toasted pine nuts and serve right away!

