

HEALTH EATING @ home

Recipe brought to you by Paolo Vasapoli, Executive Chef, Food Services

Spaghetti Al Pomodoro Crudo (Fresh Spaghetti Sauce)

Total Time 30 minutes

Servings 4 servings



Ingredients

- 4 Roma tomatoes diced (or some nice tomatoes from the garden such as beefsteak)
- 1/4 cup of good quality olive oil
- 3 tbsp. chopped fresh basil
- 3 tbsp. chopped fresh parsley (optional)
- 2 cloves minced garlic
- Salt and pepper to taste
- 300-400 grams of spaghetti (or any other pasta)
- Pinch chili flakes (optional)
- Fresh Parmesan cheese for serving (optional)

Instructions

1. Wash the tomatoes and using a cheese grater, shred the tomatoes through the grater into a bowl, seed, juice and everything except the stem.
2. Do the same with the garlic cloves.
3. In the bowl, stir together the tomatoes, oil, basil, parsley, garlic, salt and pepper. Let stand for 10 minutes.
4. Meanwhile, fill a pot of water add salt, bring to a boil and cook the pasta according to package directions. Drain, reserving a bit of pasta cooking water.
5. Toss the spaghetti with the tomato mixture. Add a little bit of the pasta water and serve.

(Optional – add a protein such as Shrimp)

Buon Appetito!!