

AI-Generated Recipe

Aglione Pomodoro: Simple Pasta Perfection

Aglio e Pomodoro: Simple Pasta Perfection

Description: A classic Italian pasta dish showcasing the pure, vibrant flavors of garlic and tomato.

This recipe emphasizes fresh ingredients and minimal fuss for maximum taste.

Yields: 2 servings

Prep time: 5 minutes

Cook time: 15 minutes

Ingredients:

- * 8 oz pasta (spaghetti, linguine, or bucatini recommended)
- * 1 pint cherry or grape tomatoes, halved
- * 4 cloves garlic, minced
- * 2 tablespoons extra virgin olive oil
- * Salt and freshly ground black pepper to taste
- * Optional: Fresh basil leaves for garnish

Instructions:

1. **Cook the pasta:** Bring a large pot of salted water to a rolling boil. Add the pasta and cook

according to package directions until al dente. Reserve about ½ cup of pasta cooking water before draining.

2. **Sauté the garlic:** While the pasta is cooking, heat the olive oil in a large skillet over medium heat. Add the minced garlic and cook for about 1 minute, or until fragrant. Be careful not to burn the garlic.

3. **Cook the tomatoes:** Add the halved tomatoes to the skillet and cook for 5-7 minutes, stirring occasionally, until they begin to soften and release their juices. Season with salt and pepper to taste.

4. **Combine pasta and sauce:** Add the drained pasta to the skillet with the tomatoes and garlic. Toss to coat the pasta evenly in the sauce. If the sauce is too thick, add a little of the reserved pasta water to loosen it up.

5. **Serve:** Serve immediately, garnished with fresh basil leaves, if desired.

Nutritional Breakdown (per serving, approximate):

Calories: Approximately 400-450 (depending on pasta type and oil quantity)

Protein: 10-15g

Carbohydrates: 70-80g

Fats: 15-20g

Note: This nutritional information is an estimate and can vary based on the specific ingredients used and portion sizes. This recipe is naturally low in fat and high in carbohydrates due to the reliance on pasta and tomatoes. Adding additional ingredients will alter the nutritional profile significantly.

