



Taylor's Low(er) Carb Pasta a la Puttanesca

This dish turns out perfectly every time, and it's made with mostly pantry ingredients, so it's a winner when you are looking for something simple and quick. It's so delicious that you won't even notice half the pasta is replaced with zucchini, and no one will guess that it only took you 20 minutes start-to-finish!



INGREDIENTS

¼ - ½ lb pasta (I use linguini)
2 large zucchini
3-4 canned anchovy fillets,
chopped finely (you won't taste
them but they make the sauce
really yummy)
2-3 cloves garlic, minced
Chili flakes to taste
2 T capers, roughly chopped
¾ cup black olives, roughly
chopped
1 28 oz can whole tomatoes (I
prefer San Marzano tomatoes)
3 T olive oil
Grated parmesan cheese
(optional)
Basil (optional)

DIRECTIONS

Cook pasta according to package. While water is heating, make the sauce. Using a large pan, heat olive oil over medium heat. Add garlic, anchovies, and salt and pepper to taste. Add a sprinkle of chili flakes and cook for about a minute, stirring so the garlic doesn't burn. Add chopped black olives and capers, stir and cook for one minute. Add canned tomatoes, crushing the tomatoes with your hands as you put them in the pan. Stir well, then cook for 8-10 minutes, stirring every few minutes until the sauce thickens a little (you want it to simmer and bubble, but if it starts boiling, reduce the heat). While the sauce cooks, spiralize your zucchini or cut into ribbons. If your pasta finishes before the sauce is ready, toss noodles with a little olive oil. Once the sauce is ready, stir in cooked pasta and spiralized zucchini. Serve, topped with basil and freshly grated parmesan if desired.

Serves about 4