

## Let's Talk Food Literacy

### Pasta Puttanesca

Makes 4 servings

Pasta puttanesca is an Italian dish that features a tomato sauce made with anchovies, capers and olives. It uses mostly shelf-stable ingredients that you can keep in your pantry for whenever you need a quick, delicious meal.

#### Ingredients:

##### *Sauce base*

- 3 tbsp extra-virgin olive oil
- 4 cloves garlic, smashed or minced
- 1 onion, peeled and sliced
- 4 anchovy fillets, chopped
- 1 (28-oz.) canned diced tomatoes or fresh
- 1/2 c. kalamata olives, pitted
- 1/4 c. capers
- 1/2 tsp. crushed red pepper flakes

##### *Additional vegetables of choice – fresh, frozen or canned*

For example: broccoli, mushrooms, zucchini, green onions, spinach

*Protein foods:* 2 cans tuna, drained (or canned salmon, chicken, chickpeas or lentils)

*Whole grain foods:* 1 lb. cooked whole grain spaghetti

##### *Garnish*

Chopped parsley, Parmesan Cheese (to taste)

#### Method:

- In a large skillet or pot over medium heat, heat oil. Add garlic and onions and cook until fragrant, 1 minute. Add anchovies and cook until fragrant, another minute. Add tomatoes, olives, capers, and red pepper flakes.
- Add other optional vegetables and continue to cook.
- Add drained tuna (or protein foods of choice).
- Bring to a boil, then reduce heat and let simmer, 15 minutes.
- Meanwhile, bring a large pot water to a boil. Add spaghetti and cook according to package directions, until al dente; drain.
- Toss spaghetti into sauce. Sprinkle with parsley and Parmesan; serve.



*Pasta Puttanesca variation.*

## Tips and Tricks:

- **Anchovies are a gourmet food product** that can greatly enhance the flavour of food. They are also a source of healthy [omega-3 fats](#), found in fish.
- **You can experiment with using different protein foods:** tuna, salmon, chickpeas, and lentils all work well, and are good items to have on-hand in your pantry.
- **This is a fun recipe to get the whole family involved.** Turn on some music and enjoy cooking and eating together!