

GABRIELLA'S KITCHEN

RECIPE: MIDNIGHT SPAGHETTI WITH GARLIC, ANCHOVIES, CAPERS AND RED PEPPER

This NY Times Cooking recipe may be meant for “midnight” dining, but we can report that it’s delightful at dinner, lunch and before bed. Don’t let the simple ingredients fool you -- anchovies and capers are optional, by the way -- because the end result is a yummy bowl of goodness. We’ve adapted the recipe slightly because our skinnypasta HIGH PROTEIN Spaghetti cooks so quickly and, on that note, you can feel good about eating a dish with an added protein boost!

PREP TIME: 10 mins **COOK TIME:** 5 mins **SERVINGS:** 2

INGREDIENTS:

- ½ pound skinnypasta HIGH PROTEIN Spaghetti
- Salt
- 3 tablespoons extra virgin olive oil
- 4 garlic cloves, peeled and roughly chopped
- 4 anchovy filets, rinsed and roughly chopped
- 1 tablespoon capers, rinsed and roughly chopped
- ½ teaspoon red pepper flakes, or to taste
- 2 tablespoons chopped parsley, optional
- Parmesan for grating, optional

METHOD:

Warm the olive oil in a small skillet over medium heat. Add the garlic and cook for about 1 minute, without letting it brown. Stir in the anchovies, capers and red pepper and cook for a half-minute more, then turn off the heat.

Put skinnypasta HIGH PROTEIN Spaghetti in a large pot of well-salted rapidly boiling water and cook for one to two minutes, only until firmly al dente.

Drain the skinnypasta and return it to the pot. Pour in the garlic mixture, add the parsley, if using, and toss well to coat. Serve with grated Parmesan if desired.

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