

Garden to Fork – Spaghetti Aglio

This light and refreshing pasta is also delicious when served cold as a side dish.

Ingredients:

- 1-pound uncooked spaghetti
- ½ cup olive oil
- 6 cloves garlic, thinly sliced
- ¼ teaspoon red pepper flakes, or to taste
- salt and freshly ground black pepper to taste
- ¼ cup chopped fresh Italian parsley
- 1 cup finely grated Parmigiano-Reggiano cheese
- 1 TBSP butter (optional)

Directions:

- Cook spaghetti according to package directions.
- While the pasta is cooking, combine olive oil and garlic in a cold skillet.
- Cook over medium heat to slowly sauté garlic, about 10 minutes. Add a splash of pasta water to the skillet. This keeps the garlic from overcooking and adds moisture to the sauce.
- Reduce heat to medium-low when olive oil begins to bubble. Cook and stir until garlic is golden brown but not crispy, about another 5 minutes. Remove from heat.
- Drain pasta. Stir red pepper flakes, salt, and black pepper into cooked pasta.
- Pour in hot olive oil and garlic, and sprinkle on Italian parsley and half of the Parmigiano-Reggiano cheese; toss until combined. For extra richness, add 1 tablespoon butter when you toss pasta with cheese.
- Serve pasta topped with the remaining Parmigiano-Reggiano cheese.

Serves 4



Enjoy! Elaine