

Whole-Wheat Pasta with Garlic and Olive Oil



Ingredients:

- 2 teaspoons coarse salt
- 1 pound whole-wheat linguine
- 1/3 cup olive oil
- 4 garlic cloves, minced
- 1/2 teaspoon crushed red-pepper flakes
- 1/3 cup fresh parsley, chopped

Directions:

1. Bring a large pot of water to a boil. Add one teaspoon salt and the pasta.
2. Return to a boil and cook according to the package instructions for al dente.
3. Drain pasta. Save 2 cups pasta water
4. While the pasta is cooking, heat oil in a large skillet over medium-low heat until hot.
5. Add the garlic and cook, stirring constantly, for 2-3 minutes.
6. Stir in red-pepper flakes and parsley. Remove from the heat.
7. Add pasta and remaining teaspoon salt to skillet. Add pasta water for desired consistency
8. Toss until pasta is well-coated.

Makes 6 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>