

Pasta Aglio e Olio

Pasta with Garlic and Oil

Summary: Pasta Aglio e Olio is a simple but tasty recipe. A classic “pantry recipe,” its simple ingredients make a surprisingly flavorful meal. Feel free to change the recipe according to what ingredients you have—there are many variations. For example, consider adding fresh parsley, a pinch of red pepper flakes, parmesan cheese, spinach, chicken, hot peppers, or a squeeze of lemon juice.

Serves: 2-4

Time: 20 minutes

Ingredients:

- 1 box of pasta
- 2 cloves of garlic
- 3 tablespoons of oil

Directions: Fill a large pot with water and bring the water to a boil on the stove over high heat. As the water heats up, peel the garlic and thinly slice it. Once the water is boiling, add the box of pasta. Gently stir the pasta to prevent it from sticking. As the pasta cooks, heat the oil in a separate pan over low heat. Once the oil is hot and lightly dancing, add the garlic. Cook for 60 seconds (until the garlic is lightly browned and fragrant) then remove from the heat. Once the pasta is *al dente* (cooked but still having resistance when bitten), drain the pasta. Toss the pasta with the garlic and oil. Enjoy!

