



SPAGHETTI WITH OLIVE, CAPER AND ANCHOVY SAUCE

- 1 jar **Crown Prince Natural Flat Anchovies**, drained and finely minced
- 1/3 cup olive oil
- 2 onions, finely chopped
- 3 cloves garlic, minced
- 1/2 teaspoon chili flakes, or to taste
- 6 large ripe tomatoes, diced
- 1 3.5 ounce jar of capers in brine, drained and rinsed
- 1 15 ounce can pitted black olives, drained and sliced
- 3 tablespoons chopped fresh parsley
- 16 ounces spaghetti, cooked according to package directions
- salt and black pepper to taste



Heat the oil in a large saucepan. Add onions and cook until tender. Stir in garlic, chili flakes, tomatoes, capers and anchovies and simmer over low heat for 5-10 minutes, until thick and pulpy. Add the olives, parsley and cooked pasta and mix well. Season with salt and pepper and serve immediately. *Serves 6.*

NOTE: Serve with garlic bread or a fresh tossed salad.

Per Serving: 261 Calories (182 Calories from Fat), 21g Fat, 4g Protein, 18g Carbohydrate, 5mg Cholesterol, 1476mg Sodium