

Jenny's Spaghetti with Olive Oil & Garlic

One of the best aromas in cooking is when garlic is sautéed. I love it! But you have to be careful because garlic can burn easily and turn bitter, which is why I add the garlic before heating the oil so it heats up slowly. This simple easy recipe takes just minutes to prepare and the health benefits are numerous... from protecting your heart & memory to promoting beautiful skin.

4 oz. spaghetti
2 Tablespoons olive oil
2 cloves of garlic, crushed

2 Tablespoons chopped parsley
1/4 teaspoon salt
pepper to taste
Parmesan for topping

1. Cook pasta according to directions.
2. Meantime, place oil and garlic in a small fry pan.
3. Heat slowly over medium-low heat, stirring until garlic turns pale gold, about 5 minutes. Remove immediately from heat. Do not brown.
4. Add to cooked & drained pasta with parsley, salt & pepper.
5. Top with Parmesan.

Makes 2 side servings