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## ***Whole-Wheat Bow Tie Pasta with Puttanesca Sauce***

- 8 Oz whole-wheat bow tie pasta
- 2 Tbsp olive oil
- 1 1/2 Cup onion, diced
- 2 Tbsp garlic, minced or pressed (about 5 cloves)
- 1/4 Tsp cayenne pepper
- 1 Can (35 oz) no-salt-added whole peeled tomatoes, coarsely chopped
- 1 Tbsp capers
- 8 Pitted black olives, each sliced lengthwise into 6 pieces
- 4 Fresh parsley sprigs, rinsed and dried (optional)

- 1) In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 2) Add pasta, and cook according to package directions for the shortest recommended time, about 10 minutes. Drain.
- 3) Meanwhile, in a large nonstick pan, heat olive oil over medium heat. Add onion. Cook and stir for 5 minutes, until onion begins to soften.
- 4) Add garlic, cayenne pepper, and anchovy paste. Cook and stir another 5 minutes.
- 5) Add chopped tomatoes, capers, and olives. Cook and stir until heated through.
- 6) Divide pasta among four dinner plates (about 1½ cups each). Spoon sauce over pasta. Garnish with parsley if desired.

Makes 4 Servings

