



Spaghetti Aglio E Olio



Ingredients:

- 1 pound spaghetti, uncooked
- ½ cup extra virgin olive oil
- 6 cloves garlic, thinly sliced
- ¼ teaspoon red pepper flakes
- ¼ cup chopped parsley
- 1 cup parmesan, grated, optional

Method:

1. Cook the pasta in boiling salted water to al dente, following package directions, for about 8-12 minutes.
2. While the pasta is cooking, heat a large skillet with olive oil over medium to medium-low heat.
3. Once the oil is hot, add the garlic and sauté, stirring constantly to prevent burning, until the garlic is just golden, for about 2 minutes.
4. Add the red pepper flakes.
5. Remove the skillet from the heat.
6. Once the pasta is done cooking, transfer it to the skillet with at least ½ cup of the pasta water. The pasta water adds starch, which helps bind the sauce to the pasta.
7. Toss the pasta.
8. Add the parsley and parmesan and toss to combine.
9. Serve hot!