



Torchietti with Cherry Tomatoes & Capers

Yield: 1 serving

Portion size: _____

Chef Name: Jamie Bowers

Amt	Unit (gm/oz)	Ingredient Name
5-6	Cloves	Garlic
1	Tbsp	Capers – preferably Mediterranean Organic
½	Cup	Very good olive oil – preferably Con'Olio
1	Cup	Torchietti pasta (or your choice)
1	Cup	Cherry Tomatoes
		Sea Salt to taste
1 -2	Pinches	Crushed red pepper flakes
		Parmesan or Feta Cheese can be added

PROCEDURES:

Bring pasta water to boil & cook pasta

Heat oil in pan with garlic, wait until the garlic is cooked – approximately 2 minutes

Add crushed red pepper flakes, turn down heat.

Add in the cherry tomatoes and capers.

Once pasta is done, add in pasta with a little pasta water.

Stir all ingredients and add Sea Salt to taste.

If you are using Parmesan, pour the pasta into a bowl and top with Parmesan.

If you are using Feta, add it to the pan, toss the ingredients, turn off the heat & wait about 3 minutes before moving it to a bowl.

