

# **Aglio E Olio Spaghetti with Garlic & Olive Oil**



## **Serves**

6

## **Ingredients**

1lb. of spaghetti #11 or thin.  
3 cloves garlic, sliced thinly  
2 tbs of red pepper flakes  
1/4 cup Extra Virgin Olive Oil  
1/4 cup of Italian Flat Leaf Parsley , chopped  
2 tsp of Parmesan Reggiano Cheese  
4 tsps of pine nuts, (optional)  
Sea Salt & Fresh Ground Black Pepper.

## **Preparation Instructions**

In a pot of boiling salted water add the pasta. In another skillet add the olive oil and the thinly sliced garlic. Cook over low heat for about 2 minutes until the garlic starts to brown a bit. Add the pine nuts and cook for 2 minutes more.

Take off of the heat. Drain th pasta and put back into the pot. Stir in the olive oil and pine nut garlic mixture and add red pepper flakes. Season with salt and black pepper. Stir all well.

Add the chopped Parsley and take it to the plate. Serve with a crisp glass of white wine, Pinot Grigio.