

# Puttanesca Pasta Salad

I have made many marinara sauces and this is by far my favorite for sure. It has a saltiness, spiciness, depth and is rich in flavor. The dried tomatoes add the thickness. Grate good parmesan cheese on top and for more protein add grilled shrimp or fish.

## Puttanesca Pasta Sauce:

### Ingredients:

1. In a large skillet heat oil over medium heat; add garlic, anchovies, and crushed red pepper. Cook and stir about 1 minute or until fragrant. Remove from heat.
2. Cut peeled tomatoes into chunks; add some of the chunks to a food processor. Cover and process until chopped. Transfer chopped tomatoes to a 7-8 quart stainless steel, enamel, or nonstick heavy pot. Working in batches, repeat chopping the remaining tomatoes in the food processor. Add all of the tomatoes to the pot.
3. Add garlic mixture, dried tomatoes, brown sugar, salt, and vinegar to tomatoes in pot. Bring to boiling, stirring frequently; reduce heat. Simmer, uncovered, for 70-85 minutes or until mixture reaches desired consistency (you should have about 11 cups), stirring occasionally. Remove from heat. Stir in olives, oregano, capers, and lemon peel.
4. Spoon 1 Tbsp. of the lemon juice into each of seven hot sterilized pint-canning jars. Ladle hot pasta sauce into jars with lemon juice, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.
5. Process filled jars in a boiling-water canner for 35 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

### Makes 7 pints

**Serving suggestions:** Serve the sauce over pasta such as penne, linguine, bucatini or fusilli. Top with drained, oil-packed tuna; poached or broiled fish fillets; or sautéed shrimp and/or steamed mussels. Sprinkle with finely shredded Parmesan cheese and snipped fresh Italian (flat-leaf) parsley.

*Per ¼ cup: 44 cal., 2 g fat, 2 mg chol., 433 mg sodium, 7 g carbs., 2 g fiber, 1 g protein*