

# ❖ HAPPY MOM LIFE LAB ❖

## Summer Spaghetti



Prep time: 25 minutes

Serves: 4-6 people

Pairs well with: crisp pinot grigio and a crusty French bread

### Ingredients:

- ½ cup extra virgin olive oil
- 6 garlic cloves, minced
- ¼ tsp. red pepper flakes
- 12 oz. spaghetti noodles
- 1 cup kalamata olives, halved
- 2 medium fresh heirloom tomatoes, diced in 1 inch pieces
- 3 Tbsp. capers, minced
- 1 cup jarred grilled artichoke hearts, halved
- 1 cup fresh mini mozzarella balls (can also sub with crumbled fresh feta)
- ½ lemon
- ¼ cup each minced fresh basil and parsley
- Kosher salt and pepper to taste



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## Summer Spaghetti Continued



### Method:

1. In a small saucepan over low-medium heat, slowly warm the olive oil, minced garlic cloves, and red pepper flakes. When the mixture starts to gently sizzle, stir frequently, 1-2 minutes until the garlic is just lightly golden brown, then remove from heat. Watch carefully as the garlic can burn quickly! Let cool and steep while you fix the rest of the dish.
2. Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally with a fork to break up the clumps, until firm to the bite and cooked through, about 10-12 minutes. Drain, rinse well with cold water to cool the noodles, then transfer to a large bowl.
3. To your cooled spaghetti, add the diced tomatoes, kalamata olives, artichoke hearts, capers, fresh parsley and basil, and mini mozzarella balls (or feta, if using).
4. Pour your garlic/olive oil mixture over the top of the spaghetti mixture, squeeze the juice of your lemon half over it, and give it a big stir to incorporate all of the ingredients.
5. Finish with freshly ground pepper and salt to taste.

### Notes:

- This dish is best served the day of, leftovers will hold ok in the fridge, but the tomatoes may get soft.
- Like many pasta dishes, the heavy ingredients like to go sink to the bottom of the bowl, so give it a big hearty stir right before serving.
- This is easily customizable to your taste! Roasted red peppers, crumbled goat cheese, or sautéed zucchini can easily substitute or add to the artichoke hearts, capers, or cheeses.
- Heirloom tomatoes can be replaced by cherry or grape tomatoes if not in season.

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