

# Pasta Marinara

Marinara refers to mariners or sailors. In the old days they suffered from scurvy after long voyages. Having lots of pasta with tomato sauce when they returned home seemed to make them feel better. This recipe is Italian cooking at its simplest. Just the thing to keep you and your family scurvy free and in top swash-buckling shape.

**Preparation time: 35 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so they are easy to add. You'll need 1-2/3 C. red wine when making this Marinara Sauce. Prep a total of 4 cloves of chopped garlic.

### Marinara Sauce

1 tsp. olive oil  
4 cloves garlic (smashed and chopped)  
1/2 C. red wine  
1/2 C. yellow onion (chopped)

one 15 oz. can no-salt diced tomatoes  
one 15 oz. can regular tomato sauce  
another 1/2 C. red wine

2 T. dry basil leaves  
1 T. dry oregano leaves  
a few dashes Tabasco sauce

1 tsp. olive oil  
chopped garlic (from above)  
another 2/3 C. red wine

#### Garnish:

2 T. shredded Parmesan Cheese

### Pasta

6 oz. dry whole wheat or quinoa Spaghetti  
pasta

### Green Salads

6 leaves red or green leaf lettuce (washed  
and dried)  
2/3 C. cucumber (peeled and chopped)  
2 Roma tomatoes (chopped)

4 T. canned Garbanzo beans (rinsed)  
2 T. sunflower seeds (toasted)

### Il Semplico Dressing

3 T. extra-virgin olive oil  
1/2 tsp. prepared mustard  
2 T. rice wine or white vinegar  
3 T. low-sodium vegetable broth  
pinch of salt

*But First!  
Put Pasta Water  
on to Boil*

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Always chop the garlic and let it stand for 5-10 minutes to maximize the health value. This allows the two heat-sensitive enzymes alliin and alliinase, each encapsulated in different layers of the clove, to intermingle and form a new and powerful, heat-resistant anti-inflammatory enzyme called allicin.

When cooking the garlic, start by placing garlic and oil in a cold pan. Then turn on heat.

### Marinara Sauce

1. Toss 1/2 of the chopped garlic in olive oil over medium-high heat until garlic starts to turn golden brown. Add 1/2 C. red wine and bring to boil. Cook 1 minute.
2. Add onion and toss until wine is almost gone.
3. Add both cans of tomato sauce (rinse cans with additional second 1/2 C. red wine) and add to sauce.
4. Add spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10-minutes.
5. Using a separate sauté pan, brown the remaining half of the chopped garlic in oil. Add another 2/3 C. wine, bring to a boil, cook for about 2 minutes and turn off heat.
6. When the Marinara Sauce has cooked 10 minutes, add this additional wine and garlic reduction to the large pan. Stir well and remove from burner.

### Pasta:

### Pasta/Salad

Drop dry pasta into boiling water and cook 8-minutes. (Set a timer so you don't forget.) When pasta's done, reserve 2/3 C. starchy cooking water before draining and rinsing pasta. Stir the reserved pasta-cooking water into the Marinara Sauce.

### Salad:

Make salads on individual plates while noodles cook. Ingredients listed, lettuce cucumber and tomato, are the basics and a good starting point. Feel free to improvise with other ingredients.

Top with Garbanzo beans and toasted sunflower seeds.

### Il Simplicio Dressing:

### Il Simplicio Dressing/Serve

Simply shake all dressing ingredients together in a container with a tight fitting lid.

### Serve:

Make a pool of 2/3 C. sauce in the center of each dinner plate. Place pasta over sauce and drizzle with a bit of extra sauce. Garnish with shredded Parmesan cheese. Dress salads with 2 T. dressing and serve as a side.

### What I've Learned from this Recipe

Since you've started with canned tomatoes that have already been cooked down to sauce, your cooking time is greatly reduced. Ten minutes of cooking is adequate time to release the flavor of the dry herbs. More than that will reduce the herb's magic.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)