

Enjoy Pasta Puttanesca this spring

Get ready for the lighter fare of spring.

Pasta Puttanesca is a spicy sauce of tomatoes, herbs, onions, garlic, capers, olives and anchovies.

While usually served with pasta, you may see alla puttanesca on a menu, indicating that the dish is served with this traditional sauce.

Don't be scared away by the anchovies - they melt into the sauce and just give it a rich taste.

The name of this earthy Neapolitan sauce comes from the Italian word for prostitute. One explanation for the name is that the intense fragrance of the sauce was like a siren's call. Another is that the sauce is so fast and easy to make, it was an ideal dish for "working women" to make between clients.

And yet another story is that Italian prostitutes would go to restaurants after a long, late night and the chefs would serve them a simple dish such as this, made from leftovers.

Whatever its origins, Pasta Puttanesca is the kind of dish that belongs on a regular list of easy, tasty meals. It is low in fat and high in flavor, and can be made with ingredients from the pantry.

Any kind of pasta will work with puttanesca sauce, although penne and fusilli catch the sauce better. The sauce also is good over vegetables, seafood, chicken, or any other plainly cooked meat or vegetable.

Pasta puttanesca can be a staple of a healthful diet. The American Institute for Cancer Research recommends an

approach called "The New American Plate" to help people rethink their eating habits.

The Institute recommends that vegetables, fruits, whole grains and beans cover two-thirds (or more) of the plate. Animal-source foods should cover one-third (or less). Studies show a connection between eating fruits and vegetables and cancer prevention. This dish reflects the strong link that often exists between health-promoting recipes and great taste.

PASTA PUTTANESCA

- 1 tablespoon olive oil
- 1 cup finely chopped onion
- 1/2 tablespoon minced garlic
- 1 tablespoon finely chopped anchovy fillets or anchovy paste

- 1/2 teaspoon dried crushed red pepper
- 1 can (28 ounce) tomatoes in juice, chopped, or crushed tomatoes in purée
- 1/2 cup black olives, pitted and halved (optional)
- 1/2 tablespoon capers, drained
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 cup fresh parsley, chopped
- 8 ounces whole-grain pasta



AMERICAN INSTITUTE FOR CANCER RESEARCH

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thoroughly in a colander and add to the sauce. Blend with the sauce, cover and let sit off the heat for a few minutes.

Add the parsley, mix in thoroughly and serve. Makes 4 servings.

Nutritional information per serving: 317 calories, 5 g. total fat (less than 1 g. saturated fat), 63 g. carbohydrate, 12 g. protein, 10 g. dietary fiber, 847 mg. sodium

Recipe courtesy of the American Institute for Cancer Research.

In an unheated saucepan large enough to hold the pasta, combine the oil, onion, garlic, anchovies and red pepper. Stir over low-medium heat until golden but not brown, about 3 to 5 minutes. Add tomatoes, olives, capers, oregano and basil. Stir to blend and simmer, uncovered, until the sauce begins to thicken, about 15 minutes.

Cook the pasta according to package directions. Drain

TASTE CALENDAR

Taste of West Bloomfield

Enjoy this wonderful opportunity to bring family and friends and sample the cuisine of 24 area restaurants at the Taste of West Bloomfield 11 a.m.-2 p.m. Sunday, May 4, at the Henry Ford Medical Center, 6777 Maple Road. Tickets are \$10 per person (children 10 and under are free). The event benefits the Greater West Bloomfield Community Coalition for Youth and the West Bloomfield Chamber of Commerce. There is entertainment and a raffle. Prizes include a restaurant gift certificate, massage and more. Tickets are available in advance at the Chamber of Commerce office at (248) 626-3636 or at the door.

Mother's Day class

Young aspiring chefs aged 5-9 can create keep-sake apron for mom, then it's onto the kitchen for chocolate fun. The class fee is \$25. The class is scheduled for 4-5:30 p.m. Tuesday, May 6, at from Scratch, 29831 Northwestern Highway. For information, call the Birmingham Community Education at (248) 203-3800.

Cooking classes

Yvette Wilson, "Macro Val," offers healthy cooking classes, including a beginning cooking series on cooking whole grains, beans, tofu, tempeh, vegetables and sugar-free desserts 6-9 p.m. Mondays, May 5, 12, 19 and June 2. Fee is \$100. Spring cooking 2003 will be offered 6-9 p.m. Wednesday, May 7 and 14. (Fee is \$50.) Picnic Foods 2003

Cuisine du Jour

will be taught 6-9 p.m. Wednesday June 11. Fee is \$25. These classes are scheduled from 6-9 p.m. and will be taught at 20516 Kroutier, Apt. 3C in Garden City. Classes include recipes, step-by-step instruction, personal hands-on experience and a meal. Space is limited. Classes must be pre-paid. Call (734) 261-2856 or visit www.macroval.com for information.

Val also has scheduled a book signing 11 a.m.-3 p.m. Saturday, May 31, at Whole Foods Market, 1404 Walton Blvd., in Rochester Hills.

Wine Tasting

More than 500 wines from wineries in the Great Lakes region will be judged, including ice wines from Canada, at the Eighth Annual Great Lakes Great Wine Judging and Walk Around Tasting 6-8:30 p.m., Wednesday, May 14 at the Orchard Ridge campus of Oakland Community College inside Building J. Wineries will be judged for gold, silver and bronze medals. Restaurants, including Steve & Rocky's, Travis Pointe Country Club, Confectionately Yours Bakery, Great Oaks Country Club, and Morels, will prepare dishes to pair with the wines.

Tickets are available for \$45 per person. Entertainment provided by the OCC Jazz Board. All proceeds benefit scholarships and travel scholarships for students at the Culinary Studies Institute at OCC. Call (248) 522-3700 for information.

Chef Kipp Bourdeau of Bistro Bourdeau in Auburn Hills will discuss Mastering Marinades, Getting Reacquainted with Your Grill and Fast Summer Desserts at 10 a.m.-2 p.m. Thursday, May 15 at Specialties Showroom, 2800 W. 11 Mile, in Berkley. Please mail registration and payment to Treverrow, 295 N. Opdyke, Auburn Hills, MI 48326 or call (248) 377-2300 for information.

Continuing education

Schoolcraft College's Department of Culinary Arts features continuing education classes at the new VISA Tech Center at the college, 18200 Haggerty, Livonia. Jeff Gabriel, certified master chef, will teach a class on Cooking 101: Skill Development, which is a prerequisite for hands-on culinary arts classes in the continuing education program. The class meets 6-8 p.m. Wednesday, May 7, and 6-10 p.m. Friday, May 9. The class fee is \$99. Gabriel also teaches Fresh and Fabulous Salads, 6-9 p.m., Thursday, June 5 (\$65), and Quick Easy Meals, 9 a.m.-noon, Saturday, June 7 (\$59).

For more information, call Continuing Education Services at (734) 462-4448. Do you have an item for the Taste calendar? Please submit it at least two weeks before the event to Ken Abramczyk, Taste editor, Observer & Eccentric Newspapers, 805 East Maple, Birmingham MI 48309 or email kabramczyk@oehomecomm.net

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