

Pasta Putanesca

**Prep:**

5 minutes

Total:

15 minutes

Makes:

6 servings

Utensil:

12" Electric Oil Core Skillet

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Recipe:**Contributed By:**

Katherine Lawrence

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Recipe Description:

It doesn't get much easier than adding all your ingredients to your pan and having pasta skillet dinner ready in under 15 mins. With the Saladmaster 12" Electric Oil Core, it's possible! Add all your ingredients and in less than 15 mins you will have a delicious meal ready for you and your family to enjoy.

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12 oz
uncooked spaghetti pasta
4 oz

olives
 14 oz
 artichoke hearts, drained & chopped
 1 ½ cups
 chickpeas
 ¼ cup
 capers
 1 onion, strung, use Cone #2
 3 garlic cloves, shredded, use Cone #1
 1 tbsp
 oregano, dried
 1 tsp
 basil, dried
 ½ tsp
 thyme, dried
 ½ tsp
 red pepper flakes
 ¼ tsp
 black pepper
 4 cups
 vegetable broth
 28
 oz can, diced
 tomatoes

Directions:

1. Break pasta into thirds and add to the 12" Electric Oil Core Skillet.
2. Add all remaining ingredients on top of the pasta, adding the broth last.
3. Cook and cover over medium heat until Vapo-Valve™ begins to click steadily.
4. Remove cover and stir gently to separate pasta.
5. Cover. Reduce heat to low and cook for 8-10 mins, or until pasta is tender and to your liking.

Nutritional Information per

▼ Serving

Calories: 421
Total Fat: 15g
Saturated Fat: 2g
Cholesterol: 3mg
Sodium: 580mg
Total 93g
Carbs:
Dietary Fiber: 9g
Sugar: 6g
Protein: 19g