



# Sun-Dried Tomato Spaghetti



This simple dish pairs whole wheat pasta with a delicious sauce and pantry staples like salty olives and sweet sun-dried tomatoes for a flavor explosion! This recipe comes to us from Michele of [The Kid Can Cook](#).

## Ingredients: (serves 6)

- 1 (1 pound) box whole wheat spaghetti
- 3/4 cup pitted olives
- 1/4 cup sun-dried tomatoes
- 3 cloves garlic
- 2 tablespoons capers
- 1 (14.5 ounce) can diced tomatoes
- Salt, olive oil

## Instructions:

**Adult:** Bring a large pot of salted water to a boil over medium-high heat. Cook the spaghetti according to package directions, or until al dente. Drain and set aside.

**Together:** While the spaghetti is cooking, combine the olives, sun-dried tomatoes and garlic in a food processor. Pulse until the ingredients are roughly chopped.

**Kid:** Add the capers to the food processor with the sun-dried tomatoes, garlic and olives.

**Adult:** When the pasta has finished cooking, place the olive oil in the spaghetti's cooking pan over medium-low heat. Add the olive caper mixture to the pan and cook, stirring occasionally for 3-5 minutes, or until the sauce has thickened, but isn't yet sticking to the pan.

**Kid:** Drain the diced tomatoes and add to the olive caper mixture.

**Adult:** Cook for another 2 minutes, or until diced tomatoes are incorporated. Add the cooked pasta to the pot, toss it to coat it in the tomato sauce and enjoy!

# Food For Thought!



Capers look like tiny olives and they taste similar, too, but did you know that they're actually the bud of a beautiful flower? The buds are harvested from a caper bush before the flower even blooms, then pickled in salt and vinegar, which both preserves them and adds flavor. Capers are popular in Italian meals, making them perfect for pasta!

## Cooking Tip of the Week

Whole wheat pasta takes slightly longer than white pasta to cook. Consult the directions on your pasta's box, but also carefully remove one noodle to taste every few minutes. "Al dente" pasta is easy to chew but still contains a little bite.

## Conversation Starter

What is your New Year's resolution? What do you think would help you keep it?



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