C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2CKHMTLR\MC900215788[1].wmfC:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IKWANYER\MC900112408[1].wmf**Spaghetti with Garlic and Basil**

**For 2-3**  **For 4-5**

100 g 150 g uncooked spaghetti noodles

15 mL 25 mL olive oil

15 mL 25 mL butter or margarine

1 clove 2 cloves garlic, minced

50 mL 75 mL fresh basil, very **loosely** packed, coarsely chopped

1-2 mL 1-2 mL salt and black pepper, to taste (or flavoured pepper, such as lemon or lime pepper)

few flakes few flakes **(optional)** crushed red pepper flakes

15 mL 25 mL Parmesan cheese

**\*\*\* NOTE: Begin cooking spaghetti about 15 minutes after chicken goes in the oven. \*\*\***

1. Bring a large pot of lightly salted water to a boil.
2. Place spaghetti in the pot and cook for 8 to 10 minutes, until al denté (“tender to the tooth,” or tender but firm).
3. Drain in a colander.
4. Meanwhile, while spaghetti is cooking, combine the olive oil, butter/margarine & minced garlic in a small saucepan. Lightly sauté the garlic over medium-low heat until it is softened and just barely starting to turn golden. Remove from heat and allow to cool completely, **then** stir in salt, pepper and chopped basil.
5. After draining spaghetti noodles place them in a large bowl. Drizzle with the oil/spice mixture and toss until the noodles are evenly coated.
6. Place coated noodles on individual serving plates and sprinkle with Parmesan cheese.
7. Serve with Garlic Cheddar Chicken piece and garnish with salad greens or a basil leaf.

**Nutrition Information** (per ¼ recipe, prepared as directed):

Calories 175 Total Fat: 8g Total Carbs: 20g

Cholesterol: 10mg Dietary Fibre: 1.3g

Sodium: 85mg Protein: 5g

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