

SINGLE-SKILLET PASTA

(serves 4)

INGREDIENTS AND QUANTITIES:

2 Tbsp. Garlic
2 Tbsp. Oil
1 onion (chopped)
2 cups tomato sauce
1 cup parmesan cheese
4 cups uncooked pasta
1 Tbsp. Basil or Oregano (optional)

EQUIPMENT & UTENSILS:

Large nonstick fry pan
Cutting board
Paring knife
Large pot
Colander

PROCEDURE:

1. Cook the pasta in plenty of boiling water until done. Drain and rinse under running water to prevent it from sticking together. Set aside.
2. Heat the oil (on medium) in a large skillet and sauté the garlic for 2 minutes, just until softened. Add the onion and sauté until soft and golden in colour.
3. Add the tomato sauce and the basil or oregano to the onion mixture and bring to a boil.
4. Stir in the pasta and Parmesan cheese, season with salt and pepper, and serve immediately.
5. Serve with a tossed salad and some garlic bread. **YUM!!**