



Pasta Neapolitan-Style

**1 pound of imported pasta
(small shells or ditali work best)
2 tablespoons minced garlic
imported grated romano cheese
pinch of red crushed chili (optional)**

**1 large diced onion
2 cups Olive oil
black pepper to taste**

Stir the pasta into 5 quarts of boiling salted water to cook. Meanwhile: In a small frypan, heat the olive oil, onion and garlic until they are bubbling. Remove and set aside.

Cook the pasta until *al dente*, and drain in colander. DO NOT RINSE THE PASTA. Pour into serving bowl and add the olive oil, onion and garlic sauce. Toss together. Top generously with romano cheese, add peppers and serve!

You may add any type of vegetables to this dish. Cook the vegetables in the boiling salted water first, before the pasta, remove with a slotted spoon and put in the serving dish, then cook the pasta. Rapini, cauliflower, or beans are great vegetables to use. The only vegetable I would not cook first is frozen peas, just add peas to the pasta at the end of cooking and drain and toss with the sauce. What could be simpler or healthier!