

## Fettuccine with Spicy Raw Tomato, Herb and Caper Sauce

This month's recipe comes from Susan Gardinor, Preclinical Curriculum Manager, Office of Medical Education at UC Davis School of Medicine. The school is so very fortunate to have had Susan as part of the School of Medicine team for 15 years. Her compassion for our students and commitment to their success is inspiring to us all. Susan provided her recipe for Fettuccine with Spicy Raw Tomato, Herb and Caper Sauce. It looks delicious and I am planning on taking her advice to not stress about the carbs:

“I was visiting my girlfriend from high school and we made this dish together one night. I have made it several times since. It is a really satisfying pasta dish with fresh flavors. I love cooking with fresh herbs, although I currently do not grow my own. That is a goal of mine! Try not to worry about the carbs and enjoy with a nice green salad.

Recipe courtesy of the Mediterranean Vegan Kitchen, HP Books, 2001, by Donna Klein

Yield: Serves 8 Pasta Serving

### Ingredients:

- 1-pound plum tomatoes, coarsely chopped
- ½ cup packed fresh flat-leaf parsley
- ½ cup packed fresh mint leaves
- ½ cup packed fresh basil leaves
- ¼ cup drained capers
- 3 cloves garlic
- ½ teaspoon crushed red pepper flakes
- Pinch of sugar
- Pinch of salt
- Freshly ground black pepper
- 6 tablespoons extra-virgin olive oil
- 1-pound egg-free fettuccine
- ½ cup coarsely chopped walnuts, toasted (optional)
- Freshly chopped parsley (optional)



### Directions

Reserve about one-third of the chopped tomatoes. Combine the remaining tomatoes, parsley, mint, basil, capers, garlic, red pepper flakes, sugar, salt and black pepper in a food processor fitted with the metal blade. (I use my blender instead!) Process until a smooth paste is formed. With the motor running, add the oil in a thin, steady stream. Transfer the mixture to a large serving bowl. Meanwhile, cook the fettuccine in boiling water according to package directions until al dente. Drain well and add to the bowl with the mixture. Combine and mix. Add the reserved tomatoes. Serve immediately, garnished with optional walnuts and parsley if using.