

SWOGG Fast Food Recipe

Ingredients:

- Pasta - angel hair, vermicelli, spaghetti, or other long noodles; your choice
- 3-8 BULBS of GARLIC, peeled cloves
- about ¼ cup extra virgin olive oil
- Optional: Herbs – basil, oregano, marjoram, salt, pepper - vary the quantities and have fun!
- Parmesan or Romano cheese
- Fresh parsley (optional, too)

Preparation:

- Start by preparing pasta.
- Next, slice the 3-8 BULBS of GARLIC cloves into chunks.
- Lightly sauté the garlic in olive oil (with herbs).
- CAUTION: Garlic is “done” when soft. BIG CAUTION: If garlic is golden or brown it will taste bitter. Sauté will take about 5-10 minutes.
- Toss mixture in with cooked pasta.
- Add more olive oil if mixture is too dry.
- Top with cheese, parsley, fresh herbs, and love.

SWOGG = Sturgeon Waters Organic Gardens Garlic.