

Julia Child's Spaghetti Marco Polo

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/marco-polo-pasta-recipe-bella-italia>

Ingredients:

- 1/2 pound spaghetti I used Dreamfields Low Carb Pasta for the South Beach Diet.
- 2/3 cup toasted pine nuts Julia used walnuts
- 1/2 cup black olives chopped
- 1/2 cup roasted red peppers from a jar
- 1/4 cup chopped parsley
- 1/4 cup fresh basil cut in strips, I used more basil than Julia did
- ground black pepper
- sea salt
- 1 teaspoon garlic puree or finely minced fresh garlic
- 4 tablespoons olive oil good quality
- grated Parmesan cheese fresh, for serving, Julia says two cups, but I got by with a lot less!

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 5 milligrams
4. Fat: 33 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 4 grams
8. Sodium: 650 milligrams
9. Sugar: 3 grams

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