

Healthy Food for a Wealthy Mood

advice for | **life**SM



Red Wine Spaghetti w/ Walnuts & Parsley

- - 5 cups water
- - 3 ¼ cups dry red wine
- - Salt to taste
- - Spaghetti noodles
- - ¼ cup olive oil
- - 4 small garlic cloves minced
- - ¼ teaspoon crushed red pepper
- - ½ cup chopped parsley
- - 1 cup toasted chopped walnuts
- - ½ cup parmigiana-reggiano cheese
- - Fresh cracked blacked pepper to taste

Cooking Instructions

- - Combine water, 3 cups of wine (saving remaining ¼ cup), and a pinch of salt. Bring to a boil, then add the spaghetti till al dente. Drain the spaghetti.
- - Heat 2 tbsp. of olive oil in a saucepan. Add garlic, red pepper, and salt. Cook over medium heat for 1 minute then add remaining ¼ cup of wine.
- - Add pasta to saucepan and cook until the liquid mixture absorbs into the noodles, this should take around 2 minutes
- - Remove pasta and add the parsley, nuts, ½ cup of cheese, and remaining 2 tbsp. of olive oil. Toss the pasta to combine final ingredients.
- - Serve!

Nutrition Facts

- - Serves 4, Calories: 877, Total Fat: 32g, Carbs: 94 g, Cholesterol: 11 mg, Sat Fat: 6 g, Fiber: 5 g, Sugar: 5 g, Sodium: 210 mg, & Protein: 23g.

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