

THE WAY THE COOKIE CRUMBLES



Quinoa Puttanesca (adapted from Cook's Illustrated's Spaghetti Puttanesca)

4 servings

I use the higher amount of anchovies, because I love them, but I understand that not everyone shares that opinion. The tuna is not at all traditional in puttanesca, but it increases the protein of this one-pot dish.

- 1 tablespoon olive oil
- 1 teaspoon red pepper flakes
- 6 cloves garlic, peeled and minced
- 6-8 anchovies, minced
- 8 ounces (1½ cups) quinoa, rinsed and drained
- 1 (28-ounce) can whole tomatoes, coarsely diced in the can with scissors
- 2 (5-ounce) cans solid white tuna in water, drained and flaked into bite-sized pieces (optional)
- ¼ cup capers, drained
- 1 cup kalamata olives, finely chopped
- ¼ cup minced parsley

In the medium saucepan over medium heat, heat the olive oil, red pepper flakes, garlic, and anchovies until sizzling and fragrant, 2-3 minutes. Add the quinoa, tomatoes with their juice, and tuna (if using). Increase the heat to medium-high and bring to a simmer. Once the mixture simmers, cover, reduce the heat to low, and simmer for 15 minutes. Stir once, then replace the cover, remove the pot from the heat, and let set for another 15 minutes. Stir in the capers, olives, and parsley; serve immediately.