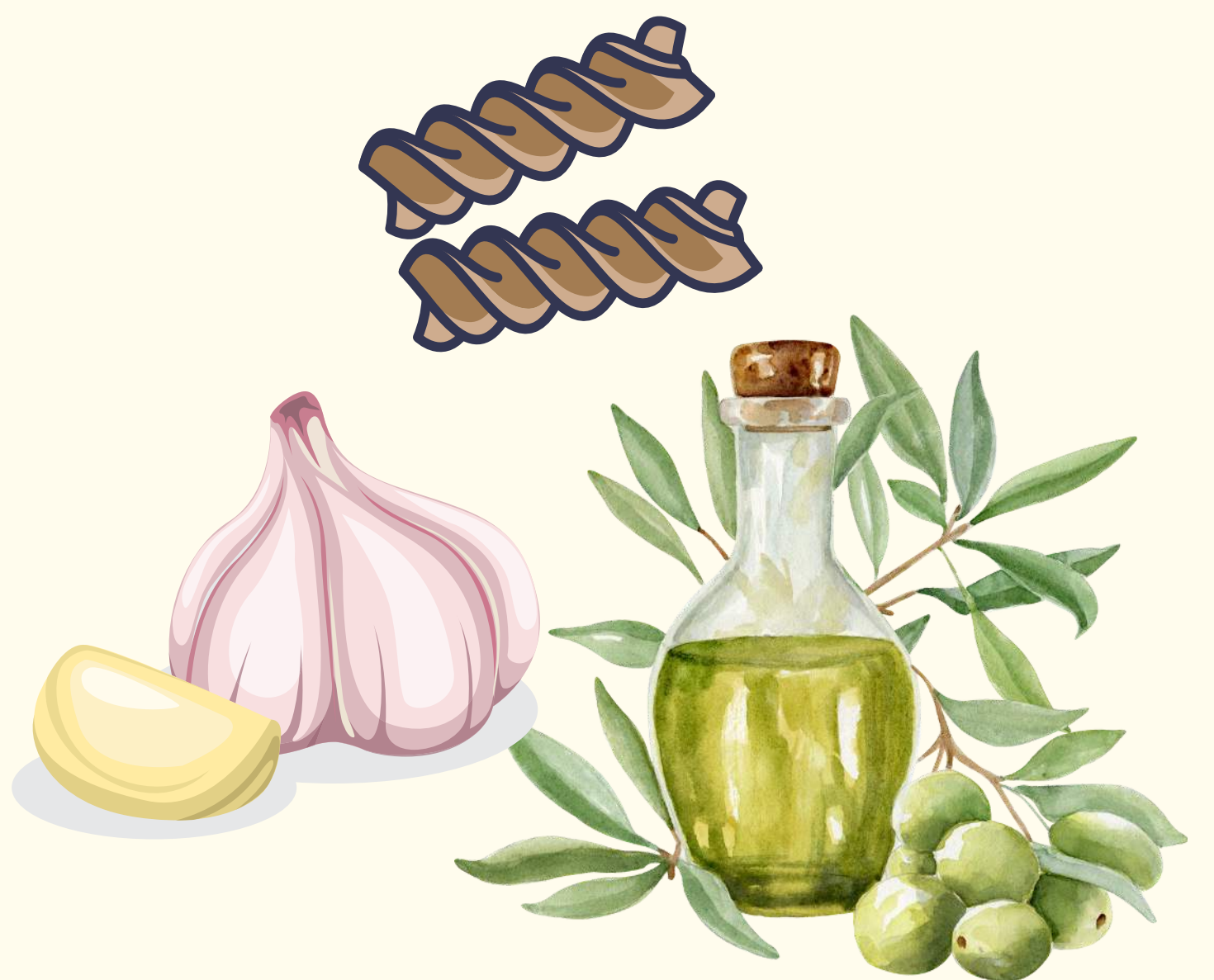


Whole Wheat Pasta with Olive Oil and Garlic

Ingredients:

- 12 oz whole wheat pasta
- ¼ cup olive oil
- 4 garlic cloves, thinly sliced
- ¼ cup fresh parsley, chopped
- ¼ cup grated Parmesan cheese (optional)
- Zest of 1 lemon (optional)
- Salt & red pepper flakes



Instructions:

- Cook pasta according to package directions. Drain.
- Heat olive oil in a pan, sauté garlic until golden.
- Toss pasta with garlic oil, parsley, and lemon zest.
- Sprinkle Parmesan and red pepper flakes.
- Serve hot.