



## Fast Pasta

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While the pasta's cooking you prepare a simple sauce and before you know it, dinner's on the table. All the recipes in this book can be made in less than 35 minutes. FAST PASTA includes a guide to pasta types and tells you which pastas and sauces make the perfect match. There are recipes for extremely simple sauces for those nights when you're just too tired to cook (fresh tomato, garlic and olives) and more adventurous tastes that you might not have thought of (using canned clams, or broccoli and anchovy). Low in fat, high in energy, and completely delicious, pasta is the perfect fast food.

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