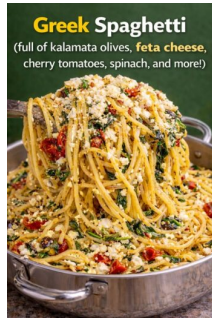


Greek Spaghetti: A Fresh and Flavorful Mediterranean Pasta Recipe

1 1/2 cups cherry tomatoes, halved



TIME
2 to 3 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

- 12 ounces spaghetti
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1 small red onion, sliced
- 1 1/2 cups cherry tomatoes, halved
- 2 cups fresh spinach
- 3/4 cup kalamata olives, pitted and halved
- 3/4 cup crumbled feta cheese
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- ... teaspoon red pepper flakes, optional
- Salt and black pepper, to taste
- 1 tablespoon lemon juice
- Fresh parsley, for garnish if desired

DIRECTIONS

1. Bring a large pot of salted water to a boil and cook the spaghetti according to package directions until al dente.
2. Drain the spaghetti and set it aside.
3. Heat the olive oil in a large skillet over medium heat.
4. Add the sliced red onion and cook for 2 to 3 minutes until softened.
5. Stir in the garlic and cook for about 30 seconds, just until fragrant.
6. Add the cherry tomatoes and cook for 3 to 4 minutes until they begin to soften and release their juices.
7. Add the spinach and cook until wilted.
8. Stir in the kalamata olives, oregano, basil, red pepper flakes if using, salt, and black pepper.
9. Add the cooked spaghetti to the skillet and toss everything together until evenly combined.
10. Remove from the heat and stir in the lemon juice and half of the feta cheese.
11. Top with the remaining feta and garnish with fresh parsley if desired.
12. Serve warm.
13. The result is a pasta dish that feels fresh, savory, and packed with Mediterranean flavor in every forkful.

SWAPS & NOTES

This pasta is wonderfully flexible, which makes it even more useful for weeknight cooking.

If you don't have spaghetti, you can use linguine, fettuccine, or even penne.

Baby spinach works perfectly here, but arugula can add a peppery bite if you want something slightly different.

Kalamata olives are what give this dish its signature Greek-inspired flavor, so I wouldn't skip them unless you absolutely need to.

TIPS FOR SUCCESS

The best version of this dish comes from not overcooking the tomatoes or spinach.

You want the tomatoes to soften and become juicy, but still keep some of their shape.

The spinach should just wilt into the pasta rather than cook down too much.

It also helps to reserve a little pasta water before draining the spaghetti.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/greek-spaghetti-a-fresh-and-flavorful-mediterranean-pasta-recipe/>