

Portion Size: 2 Cups

## ***Beet N' Pasta with Feta and Almonds***

*Whole grain pasta sautéed with beets, beet greens and garlic*

*Yield: 6 servings*

1-1/4 lb	Yellow Beets with tops
12 oz	Whole Wheat Spaghetti, Dry
1/4 cup	Olive Oil
6 tbsp	Diced Onions, Fresh
1 tbsp	Minced Garlic Cloves, Fresh
1/2 tsp	Kosher Salt
1/4 tsp	Ground Black Pepper
6 tbsp	Almonds, Toasted Sliced
1-1/2 oz	Feta Cheese, Crumbled
1 tsp	Crushed Red Pepper



Use golden beets with the tops on. Cut off the stems, chop the leaves and rinse well. Keep the roots whole and either cook in simmering water or in a 350F degree oven, covered until roots are tender, about 45 to 60 minutes. Cool the beets and peel the skin with hands and dice. Cook pasta according to package directions (no salt in the water); strain and chill. Reserve some of the cooking water.

Heat oil in a large skillet and add the onions and garlic. Cook for a few minutes, the garlic should be toasted. Add the diced beets, beet greens and the pasta. Stir to heat through and wilt the greens. Add the reserved cooking water, about ½ cup, just to moisten and help with wilting the greens. Season with salt and freshly ground black pepper.

**Chef's Notes:** You can use red beets but the color will bleed and make everything pink.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
411.5	12.8	55.4	16.1	6.3	438	3	6