



Cornell University
Cooperative Extension

Pasta with Root Vegetables

- 1 Tablespoon olive oil
- 1 large red onion, coarsely chopped
- 5 small parsnips, peeled and cut into 1/2-inch pieces
- 2 medium sweet potatoes, peeled and cut into 1/2-inch pieces
- 2 medium golden beets, peeled and cut into 1/2-inch pieces (you can use red beets, they will just make the pasta red!)
- Beet greens (if they came with the beets)
- 1 Tablespoon chopped fresh rosemary (or 1 teaspoon dried)
- 1 2/3 cups (about) vegetable broth, divided
- 1 pound ziti or other pasta
- 1/2 tablespoon butter
- 1/2 cup grated Parmesan cheese (optional)

1. Heat oil in large nonstick skillet over high heat. Add all vegetables except beet greens; sauté until vegetables begin to brown, 8 to 9 minutes.
2. Add rosemary; stir 1 minute.
3. Add 1 cup broth; bring to boil. Reduce heat to medium. Cover skillet and cook until vegetables are tender, stirring occasionally, 15 to 18 minutes.
4. Meanwhile, cook pasta according to package directions. Drain. Return pasta to pot.
5. Stir beet greens (if you have them) and butter into vegetables; add to pasta. Stir in more vegetable broth by 1/3 cupfuls to moisten. Season with salt and pepper. Serve with Parmesan, if desired.

Makes: 6 servings

Nutrition Information:

CALORIES 410 (11% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 300mg; CARBOHYDRATE 79g; FIBER 7g; PROTEIN 13g; CALCIUM 6%; IRON 20%



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Baked Onions

- 4 medium sweet onions
- 3/4 cup water
- 1/4 cup balsamic vinegar
- 2 teaspoons cornstarch

1. Preheat oven to 350° F.
2. Peel the onions. Place them side by side into a small casserole dish.
3. Pour the water and balsamic vinegar over and around the onions, and bake for about 2 hours, until onions are soft.
4. Add cornstarch to the remaining juices to thicken.
5. Serve onions with the sauce.

Makes: 4 servings

Nutrition Information:

CALORIES 60 (0% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 13g; FIBER 1g; PROTEIN 1g; CALCIUM 2%; IRON 2%