



SOUTHWESTERN PASTA WITH BEETS

by The Food Next Door- SWELL

Ingredients

Makes 4 Servings

3 Tbsp olive oil, divided

4 medium Chioggia beets

4 heirloom purple or orange carrots

1 pumpkin

4 garlic scapes

4 handfuls dried pasta

Assorted semi-hot red peppers

Handful beet tops

Handful fresh parsley

Salt and pepper to taste

Directions

Add 2 Tbsp olive oil to a skillet with a lid. Wash all veggies. Remove beet tops off some, but not all, of the beets and cut tops into 1 inch pieces. Scrub beets to clean, then cut off the bottom end. Then cut the beets in half lengthwise. Keep the greens on but divide in half when slicing the beet. Cut carrots lengthwise and remove the greens. Cut slices of pumpkin. Wash parsley and rough cut, leaving stems on. Finally, put whole garlic scapes into pan. Arrange all veggies in the skillet. Sauté beets and carrots at low heat for 25-30 minutes. Make sure it cooks slowly at low heat for the flavors to develop. Halfway through, give the greens a toss. Then, add squash. In the meantime, boil a pot of water with a pinch of salt and olive oil. Once boiling, add pasta and cook to al dente. Remove and drain quickly, then add pasta back to the pot. Add the remaining olive oil and toss with salt and pepper. When beets are tender turn off the stove. On a nice plate, arrange some pasta and lay out the veggies as displayed in the picture. Sprinkle with a bit of parmesan or goat cheese if desired.

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