



## Healthy Recipe



### SPAGHETTI WITH RUBIES

8	medium beets, about 2 lbs	pinch	red pepper flakes, crushed
1/3 cup	olive oil	1 lb	whole grain spaghetti or linguini, uncooked
2 cloves	garlic, chopped	3 tbsp	parmesan cheese, grated

1. Preheat oven to 400°.
2. Trim the tops off the beets, reserving greens for another use. Wash the beets under cold running water and scrub them with a brush. Wrap them in foil and bake for 45 minutes or until tender. When cooked, peel and coarsely chop the beets.
3. In a skillet large enough to hold all the spaghetti, combine the olive oil, garlic and red pepper. Cook over medium heat, stirring, for about 30 seconds, or until the garlic is fragrant and the oil is sizzling. Add the chopped beets, mix and heat through.
4. Cook spaghetti according to package instructions, until tender yet firm to the bite. Drain the pasta, reserving 1/2 cup of the cooking water.
5. Pour the spaghetti into the skillet with the beets. Add a little of the cooking water. Simmer over medium heat, constantly turning the spaghetti with the beets, until the pasta is evenly colored, about 2 minutes. Sprinkle with parmesan cheese and serve.

## Nutritional Information

**Per serving (8 servings in recipe):**

Calories:	340	Vitamin A:	0%
Cal from Fat:	100	Vitamin C:	10%
Total Fat:	11 g	Calcium:	6%
Saturated Fat:	1.5 g	Iron:	15%
Cholesterol:	0 mg		
Sodium:	110 mg		
Carbohydrates:	54 g		
Fiber:	10 g		
Sugar:	9 g		
Protein:	11 g		

Percent Daily Values are based on a  
2000 calorie-per-day diet

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