

kizingo® EATS:

Pappardelle With Beets, Beet Greens and Goat Cheese

Packed with essential nutrients, beets are an excellent source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C, which means they can have beneficial effects on heart health and physical performance (although maybe not for your 12 month old!)



INGREDIENTS

- 1 bunch beets, with a generous bunch of greens attached
- Salt to taste
- 1 tablespoon extra virgin olive oil
- 1 or 2 garlic cloves, to taste
- 10 ounces pappardelle
- 4 ounces goat cheese
- Freshly ground pepper
- 1 tablespoon chopped chives (optional)
- ¼ cup chopped fresh parsley

DIRECTIONS

Preheat oven to 400°F. Roast the beets until soft (40-60 minutes). Slip off the skins and cut in 1/4-inch dice. Set aside.

While beets are roasting, blanch beet greens in a large pot of well-salted boiling water just until tender. Transfer to an ice water bath, squeeze excess water, and chop. Keep heat under the water to cook the pasta.

Heat olive oil over medium heat in a wide, heavy skillet and add the garlic. Cook until fragrant, about 30 seconds, and stir in the greens, the diced beets, and salt and pepper to taste. Stir until coated with oil, toss in chives, and turn the heat to low.

When the pasta is ready, remove 1 1/2 cups of the pasta water, stir 1/2 cup of it into the beets and greens, and crumble in the goat cheese. Drain the pappardelle and add to the pan, along with the parsley and another 1/2 cup of the pasta water. Toss together, and if the mixture seems gummy add more of the remaining pasta water. Serve hot..

