

Fresh Beet Pasta

with Swiss Chard, Goat Cheese & Walnuts

The Swiss are known for many things: chocolate, neutrality, fine watches and delicious chard. Well, not really the last one. The vegetable itself isn't native to Switzerland, but gets its monicker from the 19th Century botanist who recorded its scientific name. In this recipe, we've paired chard with delicious beet pasta. Beets and chard are vegetable siblings, both descended from the same plant. Their complementary flavors provide an earthy counterpoint to tangy goat cheese and toasted walnuts.



Ingredients

3 Cloves Garlic

1 Lemon

1 Yellow Onion

1/2 Bunch Swiss Chard

1/2 Pound Red Beets

1/4 Cup Walnuts

1/2 Pound Fresh Beet Linguine

2 Tablespoons Butter

2 Ounces Goat Cheese, Crumbled

Makes 2 Servings

About 700 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel and mince the garlic. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Cut the lemon into quarters and remove the seeds. Peel and small dice the beets and onion. Separate the chard leaves from the stems; roughly chop the leaves and thinly slice the stems, keeping them separate. Roughly chop the walnuts.



Toast the walnuts:

Heat a large, dry pan on medium-high until hot. Add the **walnuts** and toast for 1 to 3 minutes, or until lightly brown and fragrant. Transfer the toasted walnuts to a small bowl and set aside. Wipe out the pan.



Start cooking the vegetables:

In the same pan used to toast the walnuts, heat 2 teaspoons of olive oil on high until hot. Add the **beets** and season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until the beets are slightly softened. Add the **onion** and **garlic** and season with salt and pepper. (If your pan looks dry, add an additional teaspoon of olive oil.) Cook, stirring frequently, 4 to 6 minutes, or until the vegetables have softened.



Finish cooking the vegetables:

To the pan of vegetables, add the **chard stems** and cook 2 to 3 minutes, or until softened; season with salt and pepper. Stir in the **chard leaves** and **lemon zest** and season with salt and pepper. Cook 2 to 3 minutes, or until the leaves have wilted. Remove from heat and set aside in a warm place.



Cook the pasta:

Add the **pasta** to the boiling water and cook 3 to 4 minutes, or until just shy of al dente. Drain the pasta, reserving about **1 cup of the pasta cooking water**, and transfer the cooked pasta to the pan of vegetables.



Finish & plate your dish:

Heat the pan with the vegetables and noodles on medium and stir in the **butter**, the **juice of 2 lemon wedges**, **half the toasted walnuts** and **1/2 cup of reserved pasta water**. Cook, stirring frequently, 2 to 4 minutes, or until the pasta absorbs the liquid (if the pasta mixture is too dry, add up to an additional 1/2 cup of pasta cooking water to achieve your desired consistency). Remove from heat. To plate your dish, divide the pasta between 2 plates. Garnish with the **goat cheese**, **remaining toasted walnuts** and **remaining lemon wedges**. Enjoy!