

# P ntry News

July 2020 Issue # 9

Beets have a natural sweetness and a beautiful deep-red, vivid color.

## Pasta with Creamy Beet Sauce, Walnuts, and Parmesan

### Ingredients:

8 ounces beets  
12 ounces spaghetti, or any pasta shape you like  
3/4 cup part-skim ricotta cheese  
2 tablespoons olive oil  
2 tablespoons lemon juice  
1 teaspoon salt, plus salt for the pasta water  
Grated Parmesan cheese for garnish  
1/4 cup chopped walnuts  
2 tablespoons chopped fresh mint (optional)



### Preparation:

- \* Scrub and cook the beets by boiling them in a large pot with a generous amount of water until they are tender and you can slide a knife into each beet's center; this may take up to 45 minutes; then drain and set aside until cool enough to handle. (Alternatively you may bake them in a 375-degree oven by wrapping the beets in foil packets; when tender, set aside to cool before unwrapping.)
- \* Cook the pasta in a large pot of lightly salted boiling water according to package instructions. While the pasta cooks, use your thumbs to rub the skin off the beets. Cut into quarters. When the pasta is done cooking, scoop up 1 cup of pasta cooking water and set aside, and then drain the pasta.
- \* Put the quartered beets in a blender, add 1/4 cup pasta cooking water along with the ricotta, olive oil, lemon juice, and 1 teaspoon salt and run until smooth.
- \* Transfer the pasta to a serving bowl. Pour the sauce over the top and toss well. Drizzle on a little more pasta cooking water if it doesn't look nice and glossy.
- \* Sprinkle with a generous amount of Parmesan cheese and scatter the walnuts over the pasta. The chopped mint (if using) adds a nice pop of color. Serve immediately with more Parmesan to pass at the table.

~~~~~

## Shredded Beet and Carrot Salad

2 medium beets  
2 large carrots  
1 1/2 Tablespoons balsamic vinegar  
1 1/2 Tablespoons sunflower or other mild oil

Peel the raw beets and carrots. Using the shredding disc of a food processor or the large holes of a box grater, shred the beets and carrots. Toss them with the vinegar and oil. Serve at once, or cover and refrigerate up to 3 days.

**Other ways to prepare beets:** Cook, slice and serve hot with butter, salt and pepper... **pickled beets** are cooked, cooled, sliced or quartered and then refrigerated in an oil and vinegar dressing (1/4 cup cider vinegar, 1 Tablespoon sugar, 1 Tablespoon of any mild vegetable oil). Then refrigerate overnight to let all the goodness sink in. You can also add hard boiled eggs into the jar and let sit for a pickled egg and beet treat.

Today's beets were grown at [The Anthill Farm](#) in Dyberry Township near Honesdale.

