

Pasta in roasted garlic and caramelized onion sauce

Servings: 6

Ingredients

- 2 large yellow onions *sliced*
- 2 cups garlic *whole garlic cloves, peeled*
- 1 tablespoon thyme *leaves picked and chopped*
- 2 lemons *juiced*
- 1 chipotle pepper
- 2 cups low sodium vegetable stock
- 1 cup carrots *julienned* (cut into long thin strips)
- 1 cup zucchini *julienned*
- 1 cup mushrooms *sliced*
- 1 red onion *julienned*
- ¼ cup fresh garlic *chopped*
- 1 cup arugula leaves (stack leaves and roll tightly, then cut across with a knife to produce ribbons)
- 1/8 cup basil leaves *chopped*
- 1/8 cup parsley *chopped*
- Salt free Italian seasoning to taste
- 2 pounds whole wheat pasta cooked



Instructions

1. To roast garlic, place garlic cloves on a non-stick sheet in the oven and bake at 350 degrees for 12 to 15 minutes on one side, then 5 minutes on the other side, until brown.
2. Heat a large non-stick pan to smoking hot. Add onions, and lower heat to medium.
3. Cook onions until brown and sweet. Add roasted garlic, thyme, and rosemary.
4. Cook over low heat for 4 minutes. Add lemon juice.
5. Continue cooking until mixture is reduced in size, about two-thirds.
6. Add chipotle pepper and vegetable stock. Bring to a boil, lower heat, and simmer for 20 minutes.
7. Remove chipotle pepper. Blend the sauce mixture until smooth consistency. Garlic and caramelized onion sauce is now ready, set aside.
8. In a large hot skillet, sauté carrots, zucchini, mushrooms, and onions until slightly browned, about 2 minutes. Add garlic. Sauté for 30 seconds.
9. Add arugula, basil, parsley, roasted garlic/onion sauce, salt-free Italian seasoning, and black pepper. Heat.
10. When heated, add just-cooked pasta. Toss and serve.

**Recipe adapted from pritkin.com*



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