

CARAMELIZED AND SWEET ONION PASTA

1 lb. Pappardelle's Sweet Red Onion Pasta
2 tablespoons unsalted butter
2 tablespoons extra-virgin olive oil
4 large onions, halved, thinly sliced
3 red bell peppers, roasted, peeled and chopped*
1 cup water or broth (veggie or chicken)
1 tablespoon balsamic vinegar*
½ tablespoon fennel seeds*
½ cup freshly grated Parmesan cheese

1. Melt 1 tablespoon butter with oil in heavy large skillet over medium-high heat. Add onions and sauté until tender and caramelized, about 20 minutes. Add roasted peppers. Sauté 5 minutes.

2. Add water/broth, vinegar, and fennel seeds. Reduce heat to medium and simmer until sauce reduces slightly, about 5 minutes. Whisk in remaining 1 tablespoon butter. Season sauce with salt and pepper. Remove from heat and cover to keep warm.

3. Cook pasta in a large pot of boiling salted water until al dente, about 8 minutes; drain. Return to pot. Add sauce and toss to coat. Transfer to serving bowl. Sprinkle with Parmesan cheese and serve.

Serves 4-6

-Or-

For a lemon flavor, simply add ½ cup of *Pappardelle's Fire Roasted Red Pepper Pesto* for "*" items.

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RECIPE SHEET 21B

WHOLE WHEAT GARLIC PASTA WITH A BROCCOLI RABE SAUCE

1 lb. Pappardelle's Whole Wheat Garlic Pasta
1 lb. broccoli rabe or broccoli, with tough stems removed and cut into 1 in. pieces
2 large onions, sliced
4 cloves garlic, minced
1 teaspoon sugar
1 cup water or broth (veggie or chicken)
2 teaspoons salt
½ teaspoon freshly ground pepper
1/3 cup cream cheese
Freshly grated parmesan cheese for serving

1. Cook pasta in a large pot of boiling salted water until al dente, about 8 minutes. During the last two minutes, add the broccoli rabe or broccoli. Drain.

2. Meanwhile, cook onions and garlic in oil in a large covered skillet over medium-high for about 5 minutes, stir often. Add sugar and cook covered until browned about seven minutes, stir occasionally. Add water/broth, salt and pepper and cook 1 minute; reduce heat to low and add cream cheese and stir until melted. Add pasta and broccoli rabe, stir until both are well coated. Serve immediately with freshly grated Parmesan cheese.

-Or-

For a creamy lemon flavor, simply add ½ cup of *Pappardelle's Lemon Alfredo Sauce* and eliminate the cream cheese.

Serves 4-6

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