# Caramelized Onion Pasta Salad

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Serves: 8

Prep: 10 minutes | Cook: 15 minutes

# **INGREDIENTS**

- 2 ears of corn
- 3 medium sized onions, sliced
- 6 tablespoons oil
- 3 tablespoons lemon juice
- 8 ounces short pasta (orzo, rotini, macaroni)
- 1 cup fresh spinach, chopped\*
- ¼ teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon black pepper
- 4 tablespoons parmesan cheese (optional)

# **DIRECTIONS**

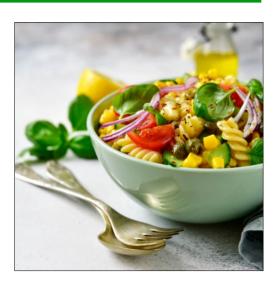
- Fill a large pot about halfway with water.
  Bring to a boil over medium-high heat. Add
  corn to boiling water and cook until kernels
  are tender, about 3-5 minutes.
- Allow to cool. Use a knife to carefully remove kernels from the cobs and place kernels in a bowl.
- Pour oil into a sauce pan and heat the oil over low heat. Once it is heated, add the onions and stir every couple minutes, for about 5 minutes. Cook the onions until golden brown.
- 4. Cool the onions and mince them. Cook and cool the pasta.
- 5. Mix all ingredients together in large bowl.

### \*Substitutions

1 cup fresh	<b>→</b>	8 ounces frozen
spinach		spinach, thawed

### Notes:

 If you don't have fresh corn, substitute with 1 cup of canned or frozen corn.



Nutrition Information		
Serving Size: 1/2 cup		
Total calories	112	
Total fat	5.9 g	
Saturated fat	0.5 g	
Cholesterol	10 mg	
Sodium	166 mg	
Carbohydrates	12.9 g	
Fiber	1.3 g	
Sugar	1.6 g	
Protein	2.7 g	

Recipe Source: Greater Chicago Food Depository