

Caramelized Onion Pasta Salad



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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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

1. 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.
2. Allow to cool. Use a knife to carefully remove kernels from the cobs and place kernels in a bowl.
3. 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 spinach	→	8 ounces frozen spinach, thawed
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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