Caramelized Onion Pasta Salad

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.

*Nutrition Information

<table>
<thead>
<tr>
<th>Serving Size: 1/2 cup</th>
<th>Total calories</th>
<th>112</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total fat</td>
<td>5.9 g</td>
</tr>
<tr>
<td></td>
<td>Saturated fat</td>
<td>0.5 g</td>
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<tr>
<td></td>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td></td>
<td>Sodium</td>
<td>166 mg</td>
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<tr>
<td></td>
<td>Carbohydrates</td>
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<tr>
<td></td>
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</tr>
<tr>
<td></td>
<td>Sugar</td>
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<tr>
<td></td>
<td>Protein</td>
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</tbody>
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Notes:
- If you don’t have fresh corn, substitute with 1 cup of canned or frozen corn.

*Substitutions

1 cup fresh spinach —> 8 ounces frozen spinach, thawed

Recipe Source: Greater Chicago Food Depository