



Rutabaga Pasta

Welcome to the era of no carbohydrates, gluten intolerance and “no white foods”. Conventional pasta is hanging out on a limb. Here is a twist on taking down the carbohydrates and still enjoying the sauces and tastes of Italy.

The secret is to have a spiralizer in your kitchen. This is a “must have” gadget that will create strands of “pasta” from vegetables. Purchase a good quality machine; there are a number on the market and find one that fits your needs!

What is a rutabaga? The rutabaga, swede, or neep is a root vegetable that originated as a cross between the cabbage and the turnip. The roots are prepared for human consumption in a variety of ways, and the leaves can be eaten as a leaf vegetable.

Rutabagas make fabulous pasta as they have the color and texture of real pasta. It is a root vegetable so preparing it *al dente* in a boiling pot of water requires a lemon to balance the earthy flavor of the root vegetable.

Ingredients:

- Two rutabagas
- 1 lemon (or juice of one lemon)
- 1 T olive oil
- Pasta sauce of choice

Cooking Directions:

- Bring 2 quarts of salted water to a boil.
- Add the rutabagas and boil like pasta for approximately 5-8 minutes, *al dente*
- Immediately plunge into an ice water bath to stop cooking process
- When cooled, drain.
- Place into a bowl and add 1T olive oil. Toss to coat.
- The “rutabaga pasta” is ready to be added to a heated sauce of choice.

Makes approximately 8 ounces, 2 cups, and 2 servings.

Two ounces of dried pasta has approximately 200 calories; two ounces of rutabagas have 22 calories.

This recipe brought to you by Richard E. Collins, MD THE COOKING CARDIOLOGIST® and Boston Scientific Corporation. Learn more at HeartHealthyBeats.com