



**Elliott Evans Nutrition, LLC**  
Prevent and Protect  
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## **BEET PASTA WITH RICOTTA**

Serves 4

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- 1 lb red beets, trimmed, scrubbed
- ¼ cup olive oil, plus more for drizzling
- Coarse salt
- ½ cup toasted walnuts
- Tomatoes, chopped (1 Tablespoon)
- Red pepper flakes
- 12 oz farro spaghetti
- ½ cup fresh ricotta

- Preheat oven to 425 degrees. Drizzle beets with oil and season with salt. Wrap tightly in foil and roast until tender, 1 hour. Peel and chop once cool.
- Pulse beets, walnuts, and tomatoes in a food processor. Season with salt and red pepper flakes.
- Cook pasta in salted water according to package directions. Drain, reserving 1 cup water, and return to pot.
- Toss with beet mixture, adding pasta water until creamy.
- Serve with ricotta, a drizzle of oil, and red pepper flakes.