



Great whole grain pasta ideas from www.TryBarillaWholeGrain.com



Barilla® Whole Grain Rotini with Braised Fennel, Carrots and Spring Onions

Ease of preparation: Easy

Prep time: 25

Cook time: 45

Servings: 4

INGREDIENTS

1 box Barilla Whole Grain Rotini

4 tablespoons extra virgin olive oil

1 clove garlic

2 each fennel bulb

1 each medium carrot

to taste salt

to taste black pepper, freshly ground

1 bunch spring onion

1/2 cup Parmigiano Reggiano cheese, grated

1 tablespoon fennel frond, chopped

DIRECTIONS

BRING a large pot of water to a boil.

SAUTÉ minced garlic in oil in a large skillet, until garlic turns slightly yellow, about 3 minutes.

CUT the fennel bulbs in half, then in thin slices. Add to the skillet, along with the carrot cut into roundels (rounds) about 1/8 of an inch thick. Braise for about 10 minutes, covered, over medium high heat.

SEASON with salt and black pepper; keep covered and cook through, stirring occasionally.

STIR in onions cut on a bias ½ inch long, cook an additional 3 minutes.

Meanwhile, **COOK** Whole Grain Rotini according to the package cooking time. Drain and toss with the sauce.

STIR in the grated cheese and fennel fronds before serving.