

Beets and Herbs Pasta

Intensely flavored beets with herbs in pasta, this is a unique and whole some way to include the sunnah food of beets in your diet.



Prep & Cook Time: 30 & 20 minutes Serves: 2-3 Meal: Main

Ingredients:

- 1/2 a pound Whole grain pasta, use any kind
- 1/2 a medium onion, finely chopped
- 2 small beets[baked at 350F until fork tender , peeled and chopped]
- 1 teaspoon Extra Virgin Olive oil

For herb garlic sauce

- 1 cup fresh herbs(like parsley or cilantro),finely chopped
- 1 big clove garlic, minced
- 1 tablespoon lemon juice, freshly squeezed
- 1/4 teaspoon black pepper or chili powder
- 3/4 teaspoon salt
- 1 tablespoon Extra Virgin Olive oil

Method:

1. Cook the pasta as per the package instructions.
2. Make the herb garlic sauce by blending all the ingredients together. Keep aside.
3. Heat the oil on medium heat, add the onions, saute for 3-4 minutes until translucent.
4. Add the herbs garlic sauce, saute another minute or two.
5. Mix the cooked pasta and stir well.
6. Add the beets and serve warm.

* Never Criticize Any Food

Food should not be criticized for any reason, despite personal disliking.

“The Prophet ﷺ never criticized any food (he was invited to) but he used to eat it if he liked the food, and leave it if he disliked it.” (Sahih Bukhari)

* Eating Together

Eating with others bring about harmony and understanding among people. Prophet Muhammad ﷺ brought the attention of Muslims to the importance of eating together;

“Eat together and not separately, for the blessing is associated with the company.” (Ibn Majah)