

Pasta with greens and feta

1 large onion, chopped
6-8 oz. fresh spinach or Swiss chard, chopped
¼ tsp salt
sprinkle of nutmeg, if available
½ lb. fusilli or penne pasta
About 4-6 oz. crumbled feta cheese
2 tbsps grated Parmesan cheese

Saute the onion in olive oil over medium heat until softened, about 10 minutes. Add the spinach or Swiss chard to the pan and cook, stirring constantly, till spinach is wilted. Turn the heat down to low, cover the pan and let it cook for 10 minutes.

While this is cooking, bring a large pot of water to the boil and add the pasta; when the water comes back to a boil, turn heat down to medium and simmer for 8 minutes.

When spinach and onions have cooked for 10 minutes, stir in the salt, nutmeg, crumbled feta, and parmesan. When the pasta is done, before you drain it, add about 1 cup of the pasta cooking water to the pan of greens and onions. Drain the pasta, add to the pan.

Stir the pasta into the sauce over low heat, mixing together until the feta has mostly melted into the water and blended into a sauce and has coated the pasta. This may take several minutes of stirring. Add a little more water if there doesn't seem to be enough sauce to coat the pasta. Serve immediately.