ASPARAGUS WITH PENNE

INGREDIENTS

1 pound Asparagus
1/2 pound Penne Pasta
2 cloves Garlic
3 tablespoons Walnuts, chopped and toasted, (or Pine Nuts, toasted)
3 tablespoons Italian Parsley, chopped
3 tablespoons Olive Oil
1/2 tablespoon Salt (for pasta water)
Salt and pepper to taste

Help SNAP the tough ends off the asparagus and CUT up the asparagus into 1-inch lengths. Set aside.

Place pot of water to boil and ADD 1/2 tablespoon salt. When boiling, ADD pasta. Time for 7 minutes. SMASH the garlic cloves with the flat side of a chef’s knife to loosen the skin for peeling.

Help PEEL the garlic, then help SLICE and MINCE the cloves. Help separate the parsley leaves from the stems. HelpCHOP parsley leaves, SET aside.

HEAT a skillet over medium heat. MEASURE olive oil and ADD to skillet. STIR in the garlic and cook until browned (5 minutes). Adjust heat if it gets too dark too quickly; REMOVE from heat when browned and check time left on timer for pasta cooking.

After the pasta has cooked for 7 minutes, ADD the asparagus to the pasta and COOK together in the same water. Time for 2 minutes.

Prep Time: 20 minutes
Cook Time: 15 minutes
Makes 4 servings

Note: Children should use plastic or table knife for all child steps that require cutting/chopping.

MAKE COOKING TIME FAMILY TIME

Enjoy some raw asparagus as a snack as you cook, dip into hummus or a some salad dressing – one, two, three- Nibble!

Prep Time: 20 minutes
Cook Time: 15 minutes
Makes 4 servings

Note: Children should use plastic or table knife for all child steps that require cutting/chopping.

Help ADD the parsley and 1 ladle of pasta water to the skillet using oven mitts to protect their hands from heat. Help MEASURE the nuts and ADD. SIMMER together over medium low heat for 2 minutes and turn off heat until you are ready to add the pasta.

After asparagus has cooked for 2 minutes, DRAIN pasta and asparagus but RESERVE 1 cup more of pasta water. ADD the pasta and asparagus and 1/3 cup of the reserved pasta water to the skillet with parsley and nuts. HEAT on medium high and COOK a few minutes more until just cooked through but not mushy. ADD additional reserved pasta water as necessary to ensure the pasta mixture is saucy.

Help SEASON with salt and pepper. SERVE warm.