

Client: Elevate Youth

Lead: Tamika R. Francis, Food & Folklore LLC



Pasta Salad with Spinach Basil Pesto

5pm - 6pm | 07.29.2021

Serves: 4 Prep: 20 minutes Cook: 15 minutes Total: 35 minutes

CLASS FOCUS: Summer is a great time to explore the farmers markets in your community and try out different greens. Kale, spinach, arugula, lettuce as well as many herbs are available until the fall season. This is a great recipe to use up those greens for a nutritious lunch or dinner. This recipe was developed for parents and caregivers by America's Test Kitchen Kids and is appropriate for children ages 2 years and up to make/help with and also eat. Penne or farfalle can be substituted for rotini in this recipe. This recipe makes enough pesto for two batches of pasta salad.

Ingredients

- 2 cups/ 6 oz rotini, farfalle, or penne pasta •
- 1/4 cup plus 1 teaspoon extra-virgin olive oil •
- 2 cups fresh basil leaves
- 2 cups baby spinach
- 1/3 cup sunflower seeds, toasted
- 1 garlic clove, minced
- 1 tbsp. lemon juice

• Step 1 - Boil the Pasta

- 3/4 cups Parmesan cheese, grated. Plus extra for serving
- 3 tbsp. whole-milk plain yogurt • 1/2 cup cherry tomatoes, halved (optional) • Salt and pepper

Directions

Bring 2 quarts of water to boil in a large saucepan. Add pasta and 1 teaspoon salt and cook, stirring often, until tender. Remove 1/4 cup cooking liquid in a jar/cup, then drain pasta and transfer to a tray or baking sheet. Toss pasta with 1 teaspoon oil, then spread in an even layer. Let pasta and reserved cooking water cool to room temperature, about 15 minutes.

- **Step 2 - Make the Pesto** - Meanwhile, process basil, spinach, sunflower seeds, garlic, lemon juice, and 1/2 teaspoon salt in a food processor or blender until smooth, about 30-45 seconds, scraping down sides of bowl as needed.
- Add Parmesan and remaining 1/4 cup oil and process until thoroughly combined, about 30 seconds more. Put about a 1/2 cup pesto into a large bowl and stir in yogurt to combine. Store the remaining 1/2 cup pesto in an airtight container and refrigerate (or freeze) for later use.
- **Step 3 - Combine the Pasta and the Pesto-** Add the cooked pasta to the pesto mixture and toss to combine, adding reserved cooking water, 1 tablespoon at a time, until pesto evenly coats pasta. Stir in Cut the cherry tomatoes in halves (vertically), if using and stir them in. Season with salt and pepper to taste.
- **Step 3 - Serve and Store** - Serve or pack in a lunch box with extra Parmesan. Pasta salad can be refrigerated for up to 3 days in a covered container. This recipe makes enough pesto for two batches of pasta salad. The remaining half of pesto can be kept in an airtight container, covered with a thin layer of oil (1 to 2 tablespoons), and refrigerated for up to four days or frozen for up to one month.

Tools and Equipment

- Medium pot (for the pasta)
- Baking sheet or flat tray (to cool pasta)
- Colander or large strainer (to strain pasta)
- blender or food processor
- 1 medium bowl for trash
- 2 Bowls, large and small
- A ● Tongs or pasta ladle
- Large cooking spoon

- Small knife and cutting board
- 2-3 tasting spoons + fork
- Glass storage jar or container

DISCOVER. CONNECT. EAT.

www.foodfolklore.com | [@foodfolklore](https://twitter.com/foodfolklore) | foodfolklore@gmail.com