



Whole Wheat Pasta with Spring Veggies



Whole wheat pasta provides fiber and nutrients like B vitamins and it's the perfect platform for spring's freshest veggies. This recipe comes to us from our friends at [The Sylvia Center](#), an organization that teaches children to cook and establish independent healthy eating habits.

Ingredients: (serves 4)

- 1 box whole wheat penne or rotini
- 1 package frozen baby peas, thawed
- 1 bunch scallions or garlic scapes, minced
- 1 bunch fresh asparagus, diced small
- 1/2 cup chopped parsley
- 1/2 cup chopped chives
- 2 Tbs. olive oil
- 1 cup grated Parmesan cheese
- Fresh pepper

Instructions:

Adult: Place a large pot of salted water on high heat and bring to a boil. Add pasta when boiling. Cook until almost done, one minute less than time on box. Drain pasta. Reserve one cup cooking water.

Together: Saute asparagus and scallions/garlic scapes for two minutes.

Together: Add peas and continue cooking one minute.

Together: Add pasta and 1/2 to 1 cup pasta cooking water.

Together: Add herbs and half the Parmesan cheese.

Kid: Serve with more cheese, if desired, and fresh ground pepper.

Food For Thought!

Garlic scapes are a flavorful vegetable. Technically, they are the flower stalks of the same plant that produces garlic bulbs. Farmers usually cut them off so that the plant will put all of its energy into making regular garlic. Garlic scapes have a fresh, spicy flavor that's not quite as intense as garlic cloves. If you can't find them, simply substitute scallions.

Cooking Tip of the Week

Salting pasta water isn't an exact science. Start with a palmful, which is usually about a tablespoon. Carefully taste the water and add more if necessary – it should taste like water from the ocean!

Conversation Starter

What would you do if you couldn't watch TV or use any other screens for a whole week?



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