



# Fusilli with Pistachio-Arugula Pesto



With a full serving of leafy greens, this pasta also serves up protein and healthy fats. This recipe comes from [The Scramble](#), who are offering a free Back to School Survival Kit with all memberships to their family meal planning service.

## Ingredients: (serves 4)

- 16 oz. fusilli noodles
- 1/2 cup shelled unsalted pistachio nuts
- 5 oz. baby arugula (or baby spinach)
- 1/4 cup grated Parmesan cheese
- 1/4 cup extra virgin olive oil
- 1/2 lemon
- 1 – 2 cloves garlic

## Instructions:

**Adult:** Cook the noodles in salted water according to the package directions until they are al dente, and reserve about 1/2 cup of their starchy cooking water before draining.

**Together:** Meanwhile, in a food processor or blender, pulse the pistachios and 2 packed cups of the arugula until they are finely chopped.

**Together:** Add the remaining ingredients and pulse until it is well blended but not too smooth (unless you prefer it that way).

**Together:** Drain the noodles, toss them immediately with the remaining arugula and the pesto.

**Kid:** Slowly add the reserved pasta water to thin the sauce as needed.

**Together:** Serve it immediately or refrigerate it for up to 48 hours.

# Food For Thought!



Pistachios are a type of nut. They're often eaten as a snack food, but they make a great addition to meals, too. Did you know that pistachios are related to cashews? Both nuts grow on trees in warm climates and must be roasted to help remove their tough outer shells. In the U.S., pistachios are mostly grown in California. How do you like to eat pistachios?

## Cooking Tip of the Week

As pasta cooks, some of its starch is released into the cooking water. Adding some of this starchy water to the pasta sauce both improves the sauce's texture and helps it stick to the pasta.

## Conversation Starter

What does it mean for a person to come out of his or her shell? is it easy or hard for you to do this? Why?



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