

## KIDS COOKING LOCAL AT HOME: WEEK OF MARCH 1 – 5, 2021



### ITEMS IN THE KCL BAG

#### ***Provided by C&S Wholesale Grocers***

- 1 box of spaghetti noodles
- 1 bottle olive oil
- 1 bottle red pepper flakes
- 1 bottle thyme
- 1 container parmesan cheese

#### ***Produce (\*indicates locally grown)***

- 1 garlic bulb
- 3 zucchini \*
- 1 bunch of basil\*

## Basil Zucchini Parmesan Pasta

Demonstration by Chef Ronnie Nasuti of Tiki's Grill and Bar

**Find the link to the video on this page:** <https://www.hawaiiagfoundation.org/kids-cooking-local-hawaii/>

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**Please fill out the post-cooking survey once you are done:** <https://forms.gle/bkVVFK6vRFX8Hz66>

### Ingredients:

- 1-pound spaghetti noodles
- 2 tablespoons extra virgin olive oil
- 3 medium sized **zucchini**
- 3 cloves garlic, minced or grated
- ½ teaspoon crushed red pepper flakes
- 1 tablespoon chopped thyme
- black pepper (at home)
- 2 tablespoons butter (at home)
- 1 cup grated parmesan cheese
- 1 cup fresh basil, roughly chopped
- lemon juice, for serving (optional)

### Directions:

1. Prepare vegetables: chop zucchini, smash and mince garlic, cut thyme, and chop basil.
2. Bring a large pot of salted water to a boil and cook pasta according to package directions until al dente. Just before draining, **reserve 3 cups of the pasta cooking water.**
3. Meanwhile, heat the olive oil in a large skillet over medium heat. When the oil shimmers, add the zucchini, garlic, red pepper flakes, and season with salt and pepper. Cook, stirring occasionally until the zucchini is caramelized and golden brown, 5-8 minutes. Using a potato masher (or fork), mash down the Zucchini/squash until it becomes a chunky sauce.
4. Add 3 cups of reserved pasta water into the zucchini sauce and bring to a simmer over medium heat. Add the thyme, butter into zucchini.
5. Remove zucchini from heat, add the pasta into the zucchini sauce. Mix
6. Add in parmesan cheese and basil, toss until melted. Transfer to a bowl and serve with lemon juice (optional) and more basil. Enjoy!