

KIDS COOKING LOCAL AT HOME: WEEK OF APRIL 12 - 16, 2021



ITEMS IN THE KCL BAG

Provided by C&S Wholesale Grocers

- 1 can of tuna
- 1 bag/pack of walnuts
- 1 bottle of Worcestershire sauce
- 1 bottle of parsley flakes (if not given out in week 4)
- 1 bottle of olive oil (if not given out in week 1)
- 1 box of penne pasta

Produce from Foodland

- Bunch of basil
- 1 garlic bulb

Penne Pasta with Tuna

Demonstration by Chef Bryson Carvalho

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

NOTE: If this is your first time to access this site, you will need to **SIGN UP** to gain access.

Please fill out the post-cooking survey once you are done: <https://bit.ly/329W1aA>

Ingredients:

- 1 can (7 oz) tuna, drained
- 1/2 cup walnuts
- 1 teaspoon Worcestershire sauce
- 1/4 cup chopped parsley
- 4 fresh basil leaves, optional
- 1 garlic clove
- 1/2 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 lb penne pasta

Directions:

Boil water. Cook pasta according to al dente (follow package directions); drain.

Put tuna, walnuts, Worcestershire sauce, parsley, basil, oil, salt, and pepper into a food processor or blender. Cover and process or blend until smooth. Stir in tuna mixture, coating pasta with sauce.

Makes 4 to 6 servings.