

Seasonal Pesto with Tortellini and Spaghetti Squash

Ms Gerri – Culinary Educator

Ms Kim – Volunteer



SKILLS LEARNED

- Boiling Pasta till al dente
- Making Pesto
- Using Spaghetti Squash
- Benefits of Bio-diversity – Pears
- True Cost of Food – the Beginning...

EQUIPMENT

- Hot Plate with Fuel
- Pot
- Food Processor (Gerri)

INGREDIENTS

- 3 cups Greens (Basil, spinach, kale, beet greens, arugala)
- ½ cup Parmesan, Romano or Asiago Cheese (about 2 oz)
- 1/3 cup Walnuts and/or Pine Nuts
- 3 cloves Garlic
- ½ cup Olive Oil
- 1 large or 2 medium Spaghetti Squash
- 1-2 pound Tortellini
- Red peppers??
- Pears – Sliced Asian pears for snacking – others in Bye Bye Bags

INSTRUCTIONS

Enjoy Sliced Pears; view True Cost of Food together – short discussion after...

1. All students to Wash and/or dry greens
2. Using food processor, take turns adding
 - Greens
 - Cheese
 - Nuts
 - Garlic
 - Olive Oil
3. Boil Water and add Tortellini and cook till al dente with student tasting
4. Students to take turns using a fork to create spaghetti from the Spaghetti Squash
5. Slice Red peppers to eat and use to create Colorful plate
6. Enjoy