



Chef's Choice Magical One-Pot Pasta

By Erin Fletter

Prep Time 15 / **Cook Time** 10 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

chop: to cut something into small, rough pieces using a blade.

mince: to chop into teeny tiny pieces.

peel: to remove the skin or rind from something using your hands or a metal tool.

simmer: to cook a food gently, usually in a liquid, until softened.

Equipment

- ☐ Large pot + lid
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Can opener
- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Wooden spoon

Ingredients

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- ☐ 1 lb dried pasta noodles, kid chef's choice: spaghetti, fettuccine, spirals, penne, rotini, farfalle (bowtie), rigatoni, or macaroni—all work great! ****(for GLUTEN ALLERGY sub gluten-free pasta noodles)****
- ☐ 3 garlic cloves
- ☐ 2 C mixed vegetables (kid chef's choice: broccoli, cauliflower, zucchini, bell peppers, corn, sun-dried tomatoes, baby carrots, mushrooms, arugula, fresh tomatoes, or black olives are all great)
- ☐ 2 14-oz cans diced tomatoes (plain or with Italian herbs)
- ☐ 2 T olive oil
- ☐ 4 C or 1 quart vegetable broth
- ☐ 1 pinch salt
- ☐ 1 pinch ground black pepper
- ☐ fresh grated Parmesan or shredded mozzarella cheese, optional ****(omit for DAIRY ALLERGY or sub Daiya brand dairy-free mozzarella shreds)****

Food Allergen Substitutions

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Gluten/Wheat: Substitute gluten-free pasta noodles.

Dairy: Substitute Daiya brand dairy-free mozzarella shreds for optional shredded Parmesan or mozzarella.

Instructions

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peel + mince + chop + add + stir

Peel and mince **3 garlic cloves**. Chop **2 cups of mixed vegetables** into bite-sized pieces. To a large pot, add **1 pound dried pasta noodles**, minced garlic, mixed vegetables, **2 cans diced tomatoes**, **2 tablespoons olive oil**, **4 cups vegetable broth**, **1 pinch of salt**, and **1 pinch of black pepper**. Stir all the ingredients together!

boil + simmer + stir

Adults place the pot on the stove and turn on the heat. Bring the contents of the pot to a boil, then reduce to a simmer and let cook for about 8 to 10 minutes, or until most of the liquid in the pot has evaporated and the pasta has softened. Adults should stir pasta often as it cooks!

recipe tip

The heat will cook the pasta and other ingredients, the pasta will release its starch into the water, and the liquid will evaporate and concentrate the flavors.

stir + serve

To finish, stir in the optional **shredded cheese** and serve the pasta and veggies in bowls. Serve extra cheese at the table!

Featured Ingredient: Pasta!

Hi! I'm Pasta!

"Did you know that there are about 350 kinds of pasta that come in various lengths, widths, and shapes?! Most have Italian names, and the dishes they're part of often take on the same name. Some types are small and used in soups, like "alphabet pasta" and "orzo." Some are long and skinny or long and wide, like "spaghetti," "fettuccine," and "lasagna." Others are filled, like "ravioli," "cannelloni," and ring-shaped "tortellini." There are short pastas with funny shapes, like the corkscrew tubes of "cavatappi," the straight, diagonal tubes of "penne," or the shells of "conchiglie." Finally, there are pasta dumplings, or "gnocchi."

Pasta is certainly an Italian food, but even before it became part of the cuisine of Italy in the 4th century BCE, pasta or noodles had been eaten in China for at least 1,000 years.

"Lagana," a rolled-out sheet of fried dough and an ancestor of lasagna, is mentioned in the writings of Horace, a 1st-century Roman poet.

Pasta is made from unleavened dough, typically consisting of durum wheat flour and water or eggs, that is cut and formed into various shapes. It is generally cooked in boiling water or soup until tender or "al dente" (Italian for "to the tooth"), which is almost tender but still a bit firm to the bite. It can also be parboiled (partly boiled) and then added to a baked dish, where it becomes tender in the oven.

Gluten-free alternatives to pasta made from wheat flour include those made from rice flour and legumes, like beans and lentils.

Fresh pasta (in Italian, "pasta fresca") can be purchased at the store or made at home. Packaged dried pasta ("pasta secca") is found more abundantly in grocery stores and is less expensive. Fresh pasta cooks faster than dried pasta.

Cooked pasta consists of 62 percent water, 31 percent carbohydrates, 26 percent of which is starch, 6 percent protein, and 1 percent fat.

A 100-gram serving of pasta contains 15 percent of the daily value of manganese, a mineral element that may contribute to bone health, blood sugar regulation, and blood clotting factors.

Pasta has a lower glycemic index than white bread, potatoes, and rice, meaning it has less of a contributing factor to weight gain, developing type 2 diabetes, and cardiovascular disease.