

Pesto Pasta



Ingredients

1 lb pasta of choice

Pesto:

¾-1 cup Extra Virgin Olive Oil

½ cup nuts (walnuts, almonds, or pine nuts)

2-4 cloves garlic

¾ Tbsp garlic powder

½ cup parmesan cheese

Salt and pepper to taste

¾ cup fresh basil

Utensils

Large pot with lid

Spoon or spatula

Pot holder

Stove or hot plate

Colander or strainer

Blender

Tongs

Mixing bowl



Recipe Instructions

Step 1: Boil

Fill large pot with water, add about 2 Tbsp of olive oil and 1 tsp salt.

Cover with a lid and bring water to a boil.

If you have pre-made pesto, skip to step 5!

Step 2: Cook Pasta

Once water is boiling, add pasta to the water. Cook for as long as the box states, or keep checking to cook to your liking.

Once pasta is cooked, carefully pour everything into a colander that is placed in the sink. Rinse with cold water.

Step 3: Measure

Measure out all pesto ingredients.

Plug in blender.

Step 4: Pesto

Add all pesto ingredients into a blender, blend until smooth.

If you're having trouble with it being too chunky, add a bit more olive oil to help smooth it out.

Step 5: Combine

Add cooked pasta to a mixing bowl with the pesto and use tongs to help combine.

Optional protein: Grilled chicken, crispy chicken, shrimp, steak, etc. – add protein to oil and cook until done before adding to pasta/pesto

Step 6: Enjoy!

Plate pasta and add protein if you'd like. Don't forget the extra cheese on top! 😊

Enjoy!!



Scan this QR code with your phone to view an instructional video on how to make pesto!

Kitchen Safety Tips:

Let anyone around you know that you will be using the stove.

Always use a pot holder when touching hot pots.

Steam is HOT and can burn you. Slowly and carefully pour the pasta.