

PASTA WITH VEGETABLES AND PINE NUTS



This pasta dish with a kind of pesto sauce is a favorite of my children. I think it is particularly appropriate during Sukkot when green beans are still being harvested in our garden and the weather is still warm. Snipping beans is a great occupation, even in front of the television. You can add or substitute zucchini, yellow squash, eggplant, or any other vegetable in your garden or supermarket. Let the children decide which vegetables and which pasta. Try to mix shapes or colors. Just remember that rigatoni expands more than tubular shapes, so measure accordingly. If using linguine in combination with shell shapes, break the linguine strands before cooking.

INGREDIENTS

¼ cup virgin olive oil
2 cups packed fresh basil leaves
Salt to taste
4 cups fresh green beans or other
vegetables
½ pound pasta in different shapes
and colors
4 tablespoons pine nuts
2 tablespoons unsalted butter or
vegetable oil
2 cloves garlic, minced
¾ cup freshly grated imported
Parmesan cheese
Freshly grated pepper to taste
12 cherry tomatoes

EQUIPMENT

Food processor
2 large pots with lids
Medium pot
Knife
Colander or strainer
Serving bowl

A circular graphic with a blue border and a light blue background. The text "SERVES 4-6" is written in a bold, blue, sans-serif font.

SERVES
4-6

Adult with Child: Put the olive oil and basil leaves in a food processor and use the on-off motion to combine but not pulverize. Set aside.

Adult: Fill two large pots with cold water and a little salt. Cover and bring to a boil.

Child: Put the green beans in the colander or strainer and wash under cold water. Then find a comfortable spot to sit or stand and carefully break off both pointed ends of each green bean. Set aside the beans.

Adult with Child: Here is a math problem. Figure out how long it takes to cook the pasta and the green beans. Then put the pasta in one pot and cook according to the directions on the package. Place the green beans in the other and cook between 10 and 15 minutes and then plunge into iced water to retain the color.

Child: While the pasta and vegetables are cooking, toast the pine nuts in a toaster oven at 350° for about 5 minutes.

Adult with Child: Place the butter in a large pasta bowl. Add the pine nuts and the garlic and then toss with the drained pasta and the green beans. Add the basil-oil mixture and then the cheeses. Adjust to taste, adding more cheese, basil, or oil as needed. Mix with freshly grated pepper and garnish with cherry tomatoes. Serve lukewarm or at room temperature.