

WHOLE WHEAT PENNE PASTA WITH ARUGULA & AVOCADO

Culinary Intro:	A simple pasta dish that can be eaten cold or at room temperature.
Nutrition Intro:	In this recipe, we are using whole wheat pasta because it offers more nutritional value than refined pasta.

Prep Time: 1 hour

Ingredients for 6 servings:

Each serving = about 1 cup

Cost per serving=\$0.64

- 8 ounces whole wheat penne pasta, uncooked
- 2 Tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- juice and zest of 1 lemon
- 2 cups arugula leaves
- 1 large avocado
- ¼ cup walnuts, chopped
- ½ teaspoon salt
- freshly ground black pepper, to taste

Steps:

1. Cook pasta according to package directions. Drain, reserving some cooking liquid, and set aside in a large bowl.
2. While pasta cooks, heat a small skillet over medium heat. Add olive oil and garlic and let cook until fragrant, about 1-2 minutes. Stir in lemon juice and zest and cook for another few seconds. Add to the pasta and stir gently to combine. Add some of the cooking liquid if the pasta seems too dry.
3. Chop the arugula leaves. Remove the seed from the avocado and cut the flesh into chunks. Add the arugula, walnuts, and avocado to the pasta. Season with salt and pepper.

Nutrition Facts	
Serving Size about 1 cup (84g)	
Servings Per Container 6	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 28g	9%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 7g	
Vitamin A 6%	Vitamin C 8%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 65g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

Culinary/ Nutrition Notes for Demo:

1

Culinary:

- whole wheat pasta may take a little longer to cook
- cook pasta until al dente to avoid it from getting soggy with additional ingredients

Nutrition:

- Whole wheat pasta is a much less processed grain compared to white pasta (refined grain). Because whole wheat pasta hasn't been stripped off most of its layers- where most nutrients are found- it is significantly higher in fiber, B-vitamins and minerals.

2

Culinary:

- garlic and lemon zest are flavor enhancers
- cook garlic until it is "dancing" around; do not let it burn

Nutrition:

- Garlic is a great flavor enhanced, however it also offers nutritional benefits. Garlic offers prebiotics (non-digestible carbohydrates), which help increase the "good" bacteria in the gut and promote digestion.

3

Culinary:

- arugula has a natural spicy, bitter flavor; use baby spinach or parsley as substitutes
- add the avocado at the time of serving to avoid any browning
- if serving immediately, stir the avocado in while the pasta is warm so that it coats the pasta as a cream sauce would
- walnuts add a bit of crunch; pistachios would be nice as well
- for additional protein, omit the walnuts and add some cooked, diced chicken

Nutrition:

- Walnuts are a source of hard-to-find omega-3 fatty acids (ALA). Also, walnuts have monounsaturated fatty acids, the heart-healthy kind.

Clean-up/Review comments

Culinary/ Cook Once, Eat Twice:

This pasta can be prepared a day ahead and served at room temperature. The arugula will wilt slightly. Add the avocado right at the time of serving to avoid any browning.

Nutrition:

Keep in mind that pasta is a starchy and calorie-dense food. Keeping in mind that the portion size does matter (about 1 cup), if you are trying to be mindful about your caloric intake.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. 1 large heatproof bowl 5. mise en place bowls 6. silicone spatula 7. electric skillet 8. 1 large pot for cooking pasta 9. 1 strainer 10. measuring cups 11. measuring spoons 12. paper plates/ cups/ soufflé cups 13. paper towels 14. tablecloth 15. kitchen towel 16. gloves 17. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 lemon <input type="checkbox"/> 2 cloves garlic <input type="checkbox"/> 1 bunch arugula <input type="checkbox"/> 1 large avocado 	
	<p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> 8 ounces whole wheat penne pasta <input type="checkbox"/> ¼ cup walnuts 	
	<p>Perishables</p> <ul style="list-style-type: none"> <input type="checkbox"/> extra-virgin olive oil 	
	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> salt <input type="checkbox"/> black pepper 	
	<p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> plates, napkins, forks 	
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe; cook pasta and keep warm • Label all mise en place items • Make sure to leave a portion of the produce intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: ½ hour</p>		