



DEEP ROOTS BROAD HORIZONS

Pasta with Pesto and Chard

- 1 pound whole wheat or whole grain pasta, cooked, drained, and rinsed
- 2 bunches of chard – stems and leaves chopped
- 3 tablespoons olive oil
- 3-4 garlic cloves, chopped
- ½ cup pesto
- ½ teaspoon salt and ½ teaspoon black pepper
- ½ cup roasted red pepper, diced
- Grated parmesan cheese

Prep:

Cook pasta as directed on the package; drain and rinse with cold water, then set aside for later.

Wash chard. Cut stems into ½- inch pieces; coarsely chop the leaves.

Cooking:

Pour 3 tablespoons of olive oil into a large pan over medium-low heat. Add chopped garlic and chard stems to the pan. Cook until stems and garlic are tender, about 2 minutes or so. Add pesto and stir to combine, then add salt and pepper. Add chard leaves; cover and steam until the leaves are cooked. Pull pan from heat.

If making cold pasta salad, toss the pasta and diced red peppers with the sauce. Refrigerate until ready to serve, toss again and add grated parmesan.

If making hot pasta, leave the pan on the stove and add pasta and diced pepper, stirring to mix well. Heat until pasta is hot. Sprinkle each serving with grated parmesan.

This recipe was developed by Food Service Director Margaret Garrett to use fresh harvested chard and garlic from the Chimacum Jr/Sr High garden. The pesto was made by Chimacum Food Service staff with locally grown basil, parsley and garlic in the early fall, and frozen for use throughout the school year.