



Cook up brown butter orzo with zucchini



Ingredients

- 4 small zucchini
- Kosher salt
- 1 pound orzo pasta
- 3 tablespoons extra-virgin olive oil
- 1 large garlic clove, halved
- ¼ teaspoon red pepper flakes
- Freshly ground black pepper
- 4 tablespoons unsalted butter
- Fresh basil, for serving

Instructions

1. Grate the zucchini using a box grater or a food processor. Place the grated zucchini in the center of a clean kitchen towel. Fold up the corners, then twist the towel to squeeze excess liquid through it over a large bowl. (This step will prevent the zucchini from getting mushy in your dish!)
2. Bring a medium pot of salted water to a boil and cook the orzo to al dente (firm), according to package directions.
3. While the orzo cooks, heat the olive oil over medium heat in a large skillet. Add the garlic and cook until the garlic is golden and the oil is infused with its flavor, about 1 minute. Remove and discard the garlic.
4. Add the zucchini, pepper flakes, salt, and black pepper to the skillet and cook until the zucchini has cooked down and turned golden and caramelized, about 10 to 12 minutes. (Some zucchini bits will be dark brown, which is nothing to worry about!) Turn off the heat.
5. Return the pasta pot to the stovetop, add the remaining 3 tablespoons of butter, and set over medium-low heat. Watch as the butter melts, then foams, then begins to turn light brown. Stir occasionally, about 4 minutes. As soon as it starts to smell nutty and you begin to see speckles at the bottom of the pan, remove the pan from the heat so the butter doesn't burn.
6. Toss the orzo and zucchini with the brown butter. Tear the basil into pieces and add generously. Serve immediately in bowls. Makes about 4 servings.

DID YOU KNOW?

Zucchini, a type of summer squash, is a fruit and comes from a plant with edible flowers.

WARNING!

Ask an adult's permission before using the stove or a food processor.



ECO TIP
OF THE WEEK

HELP PROTECT SPIDERS

Although many people are afraid of spiders, most species in the US are harmless. In fact, spiders play a helpful role in our ecosystem (group of plants or animals in a certain place that affect one another). They eat many kinds of insects, including mosquitoes as well as other bugs that damage plants. As the days get colder, you may see more spiders in your home because they come out of hiding to look for a mate. Try not to squish them. Instead, place a glass top of the spider, slide a piece of paper underneath, and carry it outside. Release the spider near a shed, an outdoor flower pot, or a grassy area where it can make a web.

They keep bugs under control.

