



## WORD ORIGIN

The word "pesto," which is a sauce made of crushed ingredients, comes from the Italian word *pestare*, or "crush."

# Stir up pasta with broccoli pesto

## Ingredients

- Kosher salt
- 5 cups roughly cut broccoli florets and stalks (from 1 large head)
- ½ cup extra-virgin olive oil, plus more for drizzling
- 1 clove garlic, pressed
- 3 scallions, light green and white parts only, chopped
- ½ cup pine nuts
- ½ cup freshly grated Parmesan cheese
- 2 tablespoons fresh lemon juice
- Freshly ground black pepper
- 1 pound pasta (like spaghetti or fettuccine)
- Red pepper flakes, for serving

## Instructions

1. Bring a large pot of salted water to a boil. Add the broccoli and boil gently for 3 minutes.
2. With an adult, remove ⅓ of the broccoli using a slotted spoon. Let cool, then chop finely. Set aside. Boil remaining broccoli for 1 minute.
3. Turn off the heat, and scoop out ¼ cup of the broccoli water and set aside. Using a slotted spoon, scoop out the remaining broccoli and put it in the blender. (Excess water is OK.)
4. Add olive oil, garlic, scallions, pine nuts, Parmesan, lemon juice, 2 tablespoons of reserved broccoli water, and salt and pepper to blender. Blend until saucy but pourable. Add broccoli water as needed to reach the consistency you desire.
5. Bring the pot of broccoli water back to a boil. Add the pasta and cook until al dente (firm) according to the package directions.
6. Drain the pasta, then drizzle in a little olive oil to prevent sticking. Return the pasta to the pot and toss in the pesto until coated. Serve with red pepper flakes and the reserved chopped broccoli. Serves 4.

## WARNING!

Ask an adult's permission before using the blender or stove.



## LIFE HACK

## GIVE YOUR BICYCLE A QUICK TUNE-UP

With the weather warming up and days having more light, it's a great time of year to be out riding your bike. Make sure yours is ready to roll by giving it a tune-up. With an adult's help, first check that your tires are properly inflated, which will give you a safer, smoother ride. Next, test your brake levers to make sure the bike stops easily. Pay attention to the chain. A thin layer of chain lubricant will keep it in good shape and prevent rust. Hop on the seat and make sure the height is comfortable—especially if you've grown since last year—and adjust it if necessary. Look over your bike for any loose bolts or missing reflectors. Wear a bike helmet, follow the rules of the road, and you're good to go!

Get your bike ready to ride.

