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Pasta with Broccoli
Kids Cooking

Equipment

Measuring cups
Cutting board
Sharp knife
Large pot
Long-handled, two-pronged fork
Colander
Pot holders
Large serving bowl
2 large spoons

Ingredients

1 medium bunch fresh broccoli
Water
4 cups pasta shells or similar type pasta
3 Tbsp. unsalted butter
¾ cup heavy cream
2/3 cup grated parmesan cheese
Salt

Wash the broccoli under cold running water. Drain well. Place the broccoli on the cutting board. Using the sharp knife, cut off the broccoli flowerets with their small stems. Chop them into pieces ½ to 1 inch long and wide. (you should have about 4 cups of broccoli pieces.) Set the broccoli pieces aside.

Pour at least 5 quarts water into the large pot. Set the pot on a burner of your stove and turn the heat on to high. Bring the water to a full rolling boil. Once the water is boiling, add the pasta to the pot (add it slowly so the water doesn't splash you). Stir the pasta with the long-handled fork to separate the pieces. Boil the pasta for 3 minutes. Add the broccoli pieces to the pot and boil until the pasta and broccoli are just tender, about 7 minutes longer.

Turn the heat off. Have an adult help you with this next step. Handling a large pot of boiling water can be very dangerous. Put the colander in your kitchen sink. Ask the adult to pour the pasta, broccoli and water into the colander. Shake the colander to drain any excess water. Immediately put the drained pasta and broccoli in the large serving bowl.

Add the butter and cream to the pasta and broccoli and toss with 2 large spoons until the butter melts and most of the cream soaks into pasta. Sprinkle the parmesan cheese over the top and toss until well combined. Season with salt and, if you want, add more butter, cream or cheese. Serve immediately.