



## Virtual Teen HUC 2021

### **Cooking Demonstration with Chef Joe on Wednesday, July 21<sup>st</sup>**

Here is the recipe and shopping list for participating in the Cooking Demonstration session at Teen HUC.

#### **Shopping list:**

Provided in your Camp-in-a-Box: pasta, tuna, parmesan cheese

You provide: olive oil, butter, garlic (fresh or granulated), lemon juice (fresh or concentrate), olives (your favorite variety), parsley (fresh is best)

### **TUNA PASTA WITH GARLIC, LEMON, AND OLIVES RECIPE**

#### ***INGREDIENTS:***

3 cups dried pasta such as elbow or shell

4 Tbs. olive oil

4 Tbs. butter

3-4 garlic cloves sliced thin or ¼ tsp. granulated garlic

7 ounces can of Tuna solid white in water

2 Tbs. lemon juice

10-12 black olives pitted and sliced

2 Tbs. flat leaf parsley fresh, chopped

2 Tbs. Romano cheese (parmesan cheese)

#### ***EQUIPMENT:***

Large pot to boil water in

A strainer or colander

Sharp knife

Cutting board

2 forks

Medium fry pan

***DIRECTIONS:***

In a large Pot large enough to hold the Pasta add about six cups of water, add about 1 tablespoon of salt and bring to a boil. Add pasta and cook until al Dente. Once cooked drain into strainer and then return to the pot and set aside.

In the fry pan over medium heat. Heat the olive oil and half the butter cook until the butter is melted. Add the garlic and cook until the garlic just starts to turn color.

Reduce the heat to low and add the tuna, lemon juice, and olives. Stir gently until all is heated through.

Add the pasta to the pan along with the parsley, and remaining butter, toss all and then add the Romano cheese and serve.