



# What's Cooking?

## Episode: Water

### Parmesan Linguine with Artichokes & Capers

*Serves 2-4*

#### *Ingredients*

½ pound whole wheat linguini or other pasta  
14 ounces frozen artichoke hearts, steamed  
2 tablespoons olive oil  
2 garlic cloves, minced  
1 cup low-sodium chicken broth  
2 tablespoons capers, drained  
1 tomato, diced  
¼ cup parsley, chopped  
Salt and pepper to taste  
Grated Parmesan cheese to taste

#### *Directions*

Prepare pasta according to package directions. Meanwhile, steam artichokes until tender, drain, and set aside. Heat oil in a sauté pan over medium high-heat. Sauté garlic for 1-2 minutes, stirring to keep from burning. Add chicken broth to pan and bring to a boil. Once broth is reduced by half, stir in artichokes, capers, and tomatoes. Add parsley. Taste. Season with salt and pepper as needed. Toss sauce with drained pasta to coat evenly. Garnish with grated Parmesan.



Why does Chef Jamika recommend steaming vegetables rather than boiling them?



Many vegetables, such as broccoli, cauliflower, and cabbage, retain more of their nutrients if they're lightly steamed. But others, such as carrots and zucchini, are just as healthful when they're boiled until just tender. The trick is not to overcook your veggies, whichever method you're using: over-steaming or over-boiling will drain off their nutrients! To learn more about cooking with water, check out [TV411.org/science](http://TV411.org/science).