



Italian "Lenticchia" Bolognese Pasta + Tasty Tricolore Radicchio Salad + Orange Italiano Ice

By Erin Fletter

Prep Time 40 / Cook Time 25 / Serves 4 - 6

Shopping List

FRESH

5 green onions

2 carrots

2 celery stalks

2 garlic cloves

1 zucchini

8 oz cremini mushrooms

1 head endive (or 1 C packed spinach leaves)

1/2 to 1 head radicchio, your choice how much to add to salad (or 1/4 head red cabbage)

1 cucumber

4 1/2 oranges

PANTRY

1/2 C olive or vegetable oil

1/2 C granulated sugar

1 1/2 T Italian seasoning

1 C red lentils **(see allergy subs below)**

16 oz dried or fresh fettuccine noodles **(see allergy subs below)**

1 28-oz can crushed tomatoes

1 1/2 tsp salt

1/4 tsp ground black pepper

HAVE ON HAND

9 C or 2 qts water

2 C ice

Fun-Da-Mentals Kitchen Skills

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

mince: to chop into teeny tiny pieces.

slice: to cut into thin pieces using a sawing motion with your knife.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

Equipment

Kid or kitchen scissors

Peeler

Grater

- Cutting board + kid-safe knife
- Large skillet or soup pot
- Measuring spoons
- Dry measuring cups
- Liquid measuring cup
- Large pot
- Colander
- Can opener
- Medium mixing bowl
- Small mixing bowl
- Citrus juicer (optional)
- Blender (or pitcher + immersion blender)

Ingredients

Italian "Lenticchia" (Lentil) Bolognese Pasta

- 7 C water, divided
- 16 oz dried or fresh fettuccine noodles **(for GLUTEN ALLERGY sub gluten-free/nut-free fettuccine or other pasta)**
- 5 green onions
- 2 carrots
- 2 celery stalks
- 2 garlic cloves
- 1 zucchini
- 8 oz cremini mushrooms
- 2 T olive or vegetable oil + more for sautéing
- 1 T sugar
- 1 T Italian seasoning
- 1 C red lentils **(for LEGUME ALLERGY sub 1 lb white button mushrooms—more info below)**

1 28-oz can crushed tomatoes

1 tsp salt

Tasty Tricolore Radicchio Salad

1 head endive (or 1 C packed spinach leaves)

1/2 to 1 head radicchio, your choice how much to add to salad (or 1/4 head red cabbage)

1 cucumber

1/2 orange, juiced

1/4 C olive or vegetable oil

1/2 tsp Italian seasoning

1/2 tsp salt

1/4 tsp ground black pepper

Orange Italiano Ice

4 oranges, juiced

1/4 C sugar

1 C water

2 C ice

Food Allergen Substitutions

Italian "Lenticchia" (Lentil) Bolognese Pasta

Legume: For 1 C red lentils, substitute 1 lb white button mushrooms and cook them with the other veggies.

Gluten/Wheat: Substitute gluten-free/nut-free pasta for fettuccine noodles.

Tasty Tricolore Radicchio Salad

Orange Italiano Ice

Instructions

Italian "Lenticchia" (Lentil) Bolognese Pasta

snip + peel + grate + slice

Use a pair of clean scissors to snip **5 green onions** into small bits. Next, peel and grate **2 large carrots** carefully using a box grater and then slice **2 celery stalks**.

smash + peel + mince

Using the heel of your hand, smash **2 garlic cloves** against a cutting board (adults might need to help with this!). Then peel the garlic and mince up the cloves into small bits.

chop + sauté + season

Chop **1 zucchini** into tiny bits! Then chop **8 ounces of cremini mushrooms** into small bits, too. Next, add **2 tablespoons of olive oil** to a large skillet or soup pot. Sauté the onions, garlic, carrots, and celery over medium heat until soft. Season with **1 tablespoon sugar** and **1 tablespoon Italian seasoning** and stir. Add the chopped mushrooms and cook until soft.

add + boil + simmer + stir

Add **1 cup of red lentils** and **3 cups of water** to your skillet or stockpot. Bring to a boil, lower to a simmer, and cook until the lentils are al dente and water is absorbed. Meanwhile, bring **4 cups** of water to a boil in a separate pot and add **16 ounces of fettuccine noodles**. Boil until the noodles are al dente, then drain and drizzle with olive oil to keep them from sticking. To the lentils, stir in **1 can of crushed tomatoes** and **1 teaspoon of salt**. Simmer uncovered until sauce thickens, about another 5 to 10 minutes. Taste and season with more salt or sugar if needed. Serve over cooked fettuccine noodles and top with parmesan cheese! "Mangia bene" (MAN-jah BEH-neh) or "Eat well" in Italian!

Tasty Tricolore Radicchio Salad

slice + chop

Slice **1 endive** head into ribbons and chop **1/2 to 1 head of radicchio** into roughly 1-inch pieces. Next, chop **1 cucumber** into half-moons or half-inch chunks and add all the chopped veggies to a mixing bowl.

squeeze + whisk + toss

Squeeze the juice from **1/2 an orange** into a bowl. Whisk in **1/4 cup olive oil**, **1/2 teaspoon Italian seasoning**, **1/2 teaspoon salt**, and **1/4 teaspoon black pepper**. Pour over chopped veggies and toss to combine!

Orange Italiano Ice

squeeze + measure + blend + pour

Squeeze the juice from **4 oranges** into a blender. Measure and add **1/4 cup sugar**, **1 cup water**, and **2 cups ice**. Blend until the mixture is thick and smooth, adding more water if you need to thin it out. Pour into cups and shout "Salute" (sah-LOO-teh) or "Cheers" in Italian!

Featured Ingredient: Lentils!

Hi! I'm Lentil!

"I'm small, but I pack a powerful punch—a nutritional punch, that is! I'm also a tasty addition to soups, chili, pasta, and salads and make a yummy vegan burger!"

History & Etymology

Lentils are edible legumes that were first domesticated in the area of the Fertile Crescent, which extends across Iraq, Israel, Jordan, Lebanon, Northern Egypt, Palestine, Syria, and parts of Iran, Kuwait, and Turkey. Archeologists have found evidence of lentil cultivation in Greece from 11,000 BCE and Syria around 6,000 BCE.

Today, most of the world's lentils grow in Canada and India.

The word "lentil" comes from Middle English from the Old French "lentille," from the Latin "lenticula," a diminutive of "lens." The scientific name for lentils is "Lens culinaris."

Anatomy

Lentils are part of the Fabaceae family, called the legume or pea family. The edible seeds, or pulses, grow on a flowering plant that is 6 to 18 inches tall. Two lens-shaped seeds grow in each pod.

Lentils come in different sizes and colors, like brown, yellow, red, green, or black. They can also be mottled or speckled. However, the most common lentils are brown, green, and red.

How to Pick, Buy, & Eat

Choose brown lentils that hold their texture when cooked if you use them as a side dish or want them whole in a soup without getting mushy.

Green or French lentils also remain firm when cooked and are good in salads. Black or Beluga lentils are similar to French lentils.

Red lentils cook the fastest but lose their shape, so they are suitable for purées and soups, like Indian dals. You can flavor lentils with a variety of spices and herbs. They can be boiled, soaked, fermented, fried, puréed, and made into fritters, soup, and tossed in salads. Lentils are cheap, nutrient-dense, versatile, and tasty!

Nutrition

Lentils are a rich source of protein, fiber, food energy, B vitamins (especially folate), phosphorus, iron, and magnesium.

Like other legumes, such as beans, lentils are high in protein and can serve as a meat replacement.

The soluble fiber in lentils helps keep blood sugar under control.