



## **Kid Chefs-Designed Pasta Salad + Sweet Lemon Dressing + Luscious Lemon Yogurt Smoothies**

By Dylan Sabuco

**Prep Time 20 / Cook Time 10 / Serves 4 - 6**

### **Shopping List**

☐ FRESH OR FROZEN

☐ 2 ripe bananas

☐ 3 lemons

☐ DAIRY

☐ 2 C plain Greek yogurt **\*\* (see allergy subs below) \*\***

☐ 1/2 C milk **\*\* (see allergy subs below) \*\***

☐ PANTRY

☐ 2 C elbow macaroni or similar pasta **\*\* (see allergy subs below) \*\***

☐ 1 1/8 tsp salt

☐ 2/3 tsp ground black pepper

☐ 3 T olive oil

☐ 4 T honey + more to taste

☐ HAVE ON HAND

☐ 2 C ice

☐ 4 C water

☐ PASTA SALAD ADD-IN INGREDIENTS (Choose at least 2)

☐ 1 C fresh or frozen broccoli

- ☐ 1 C cherry tomatoes
- ☐ 1 bell pepper (any color)
- ☐ 1 C pitted olives (your choice of type)
- ☐ 1 medium zucchini
- ☐ 1 large carrot, grated
- ☐ 2 celery stalks
- ☐ 4 green onions
- ☐ 1 small red onion
- ☐ 1/2 C fresh parsley
- ☐ 1/2 C feta cheese **\*\*(see allergy subs below)\*\***
- ☐ 1/2 C pepitas or sunflower seeds

## Fun-Da-Mentals Kitchen Skills

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

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**boil:** to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

**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.

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

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

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

## Equipment

- ☐ Large pot

- ☐ Colander or strainer
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Small bowls for salad add-ins
- ☐ Small bowl or jar + tight-fitting lid
- ☐ Citrus juicer (optional)
- ☐ Whisk
- ☐ Blender (or pitcher + immersion blender)

## **Ingredients**

### **Kid Chefs-Designed Pasta Salad with Sweet Lemon Dressing**

- ☐ 4 C water
- ☐ 2 C elbow macaroni or similar pasta **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free pasta)\*\***
- ☐ 1 tsp salt
- ☐ Dressing:
  - ☐ 1 lemon, juiced
  - ☐ 3 T olive oil
  - ☐ 1 T honey
  - ☐ 1/8 tsp salt
  - ☐ 1/8 tsp ground black pepper
- ☐ Choose at least 2 add-in ingredients:
  - ☐ 1 C fresh or frozen broccoli
  - ☐ 1 C cherry tomatoes
  - ☐ 1 bell pepper (any color)

- ☐ 1 C pitted olives (your choice of type)
- ☐ 1 medium zucchini
- ☐ 1 large carrot, grated
- ☐ 2 celery stalks
- ☐ 4 green onions
- ☐ 1 small red onion
- ☐ 1/2 C fresh parsley
- ☐ 1/2 C feta cheese or any shredded or grated cheese of your choice **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free cheese)**\*\***
- ☐ 1/2 C pepitas or sunflower seeds

### Luscious Lemon Yogurt Smoothies

- ☐ 2 lemons, juiced
- ☐ 2 ripe bananas
- ☐ 2 C plain Greek yogurt **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt)**\*\***
- ☐ 3 T honey + more to taste
- ☐ 2 C ice
- ☐ 1/2 C milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***

## Food Allergen Substitutions

### Kid Chefs-Designed Pasta Salad with Sweet Lemon Dressing

**Gluten/Wheat:** Substitute gluten-free/nut-free elbow macaroni or similar pasta.

**Dairy:** Substitute dairy-free/nut-free cheese for optional add-in.

### Luscious Lemon Yogurt Smoothies

**Dairy:** Substitute dairy-free/nut-free plain Greek yogurt. Substitute dairy-free/nut-free milk.

## Instructions

### Kid Chefs-Designed Pasta Salad with Sweet Lemon Dressing

## intro

Pasta salad is a fun and colorful dish that mixes varieties of pasta with all the crunchy veggies you can get your hands on, your favorite salad dressing, and sometimes even cheese! It's like a big bowl of flavor and texture that you can customize with any ingredients. Whether at a picnic, in the classroom, or just looking for a quick meal, pasta salad is a super tasty and easy choice!

## boil + measure

In a large pot, bring **4 cups of water** to a boil. Once boiling, measure and add in **2 cups elbow macaroni** and **1 teaspoon salt**. Stir once or twice to make sure nothing sticks to the bottom of the pot. Boil for 8 to 10 minutes (check package for more specific instructions) or until al dente. ("Al dente" means texture when bitten, or in other words, don't cook the pasta until it's mushy.)

## edible education

The Chinese, Arabs, and Italians have all claimed they were the first to make noodles and pasta, but the oldest written recipe comes from China, around 2,000 years ago. Noodles have been a staple food in many parts of the world for at least that long, but in 2005, the oldest noodles were discovered inside an overturned, sealed bowl buried under three meters of sediment in Qinghai, northwest China. Scientists determined the 4,000-year-old, long, thin yellow noodles were made from broomcorn millet and foxtail millet and show a fairly high level of food processing and culinary sophistication.

## chop + measure

While the pasta is cooking, have your kids chop all the additional **salad ingredients** you chose. Once the ingredients are chopped, place each one in separate bowls so the kids can pick and choose what ingredients they add to their pasta.

## strain + cool

Pour the pasta into a strainer. Drain all the water off the pasta and cool for a few minutes while you make the Sweet Lemon Dressing.

## scrumptious science

Making salad dressing can be a little tricky. The density of oil and all the other ingredients is so different that they won't stay combined. You will notice that oil-based dressing separates into its original ingredients. To fix this issue, you will create an emulsion or combination of two ingredients that don't naturally stay combined. There are three kinds of emulsions: temporary (salad dressing), semi-permanent (e.g., Hollandaise sauce), and permanent (e.g., mayonnaise). By whisking the ingredients, you can create the most temporary form of an emulsion. The whisk incorporates friction (the force created when two things rub together), forcing the oil and lemon juice to combine for enough time to drizzle over your salad.

## slice + squeeze

Slice **1 lemon** in half and squeeze the juice into a small bowl or a jar with a tight-fitting lid.

#### measure + whisk

Measure **3 tablespoons olive oil**, **1 tablespoon honey**, **1/8 teaspoon salt**, and **1/8 teaspoon black pepper** into the bowl or jar. Then, whisk until the ingredients are fully emulsified. If you are using a jar, screw the lid on tight and take turns shaking the jar with your kids! This will also create an emulsion.

#### toss + serve

Once cooled to around room temperature, toss the pasta with the Sweet Lemon Dressing. Then, add a scoop of pasta to each kid's bowl. The kids can then choose which ingredients to add to their bowls before stirring it all up and digging in. Eat and enjoy!

### Luscious Lemon Yogurt Smoothies

#### slice + squeeze

Slice **2 lemons** in half and squeeze the juice into a measuring cup. Add the juice to a blender (or pitcher for use with an immersion blender).

#### measure + combine

Peel **2 ripe bananas** and add them to the blender. Then, measure and add **2 cups yogurt**, **3 tablespoons honey**, and **2 cups ice** to the blender.

#### blend + pour

Help kids blend until smoothie is thick and smooth. Add **1/2 cup milk** to the blender and blend once more. Taste the smoothie to see if it needs more honey. Pour into drinking glasses. Cheers!

## Featured Ingredient: Pasta!

Hi! I'm Pasta!

"Did you know that there are about 350 kinds of pasta that come in various lengths, widths, and shapes?! Most have Italian names, and the dishes they're part of often take on the same name. Some types are small and used in soups, like "alphabet pasta" and "orzo." Some are long and skinny or long and wide, like "spaghetti," "fettuccine," and "lasagna." Others are filled, like "ravioli," "cannelloni," and ring-shaped "tortellini." There are short pastas with funny shapes, like the corkscrew tubes of "cavatappi," the straight, diagonal tubes of "penne," or the shells of "conchiglie." Finally, there are pasta dumplings, or "gnocchi."

Pasta is certainly an Italian food, but even before it became part of the cuisine of Italy in the 4th century BCE, pasta or noodles had been eaten in China for at least 1,000 years.

"Lagana," a rolled-out sheet of fried dough and an ancestor of lasagna, is mentioned in the writings of Horace, a 1st-century Roman poet.

Pasta is made from unleavened dough, typically consisting of durum wheat flour and water or eggs, that is cut and formed into various shapes. It is generally cooked in boiling water or soup until tender or "al dente"

(Italian for "to the tooth"), which is almost tender but still a bit firm to the bite. It can also be parboiled (partly boiled) and then added to a baked dish, where it becomes tender in the oven.

Gluten-free alternatives to pasta made from wheat flour include those made from rice flour and legumes, like beans and lentils.

Fresh pasta (in Italian, "pasta fresca") can be purchased at the store or made at home. Packaged dried pasta ("pasta secca") is found more abundantly in grocery stores and is less expensive. Fresh pasta cooks faster than dried pasta.

Cooked pasta consists of 62 percent water, 31 percent carbohydrates, 26 percent of which is starch, 6 percent protein, and 1 percent fat.

A 100-gram serving of pasta contains 15 percent of the daily value of manganese, a mineral element that may contribute to bone health, blood sugar regulation, and blood clotting factors.

Pasta has a lower glycemic index than white bread, potatoes, and rice, meaning it has less of a contributing factor to weight gain, developing type 2 diabetes, and cardiovascular disease.