



## **Lasagna Roll-Ups + Charred Cherry Tomato Sauce + Orange Basil Soda**

By Erin Fletter

**Prep Time** 30 / **Cook Time** 24 / **Serves** 4 - 6

### **Shopping List**

FRESH

2 to 3 zucchini

6 to 8 fresh basil leaves

1/2 to 1 C cherry tomatoes, the riper the better **\*\* (see allergy subs below) \*\***

1 to 2 garlic cloves

2 to 3 oranges

DAIRY AND EGG

4 oz mozzarella cheese, about 1 C shredded **\*\* (see allergy subs below) \*\***

4 oz ricotta cheese, about 1/2 C **\*\* (see allergy subs below) \*\***

1 egg **\*\* (see allergy subs below) \*\***

PANTRY

salt (enough for seasoning and sprinkling)

2 T olive oil + more to grease pan

ground black pepper, to taste

12 wonton wrappers, optional **\*\* (see allergy subs below) \*\***

2/3 C granulated sugar

2 C sparkling water

HAVE ON HAND

1/2 C water

ice

## Fun-Da-Mentals Kitchen Skills

**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) and Rock and Saw.

**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).

**roll:** to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

**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.

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

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

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

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**season:** to add flavor to food with spices, herbs, and salt.

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

**taste:** to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

**adjust:** to change seasonings or consistency to one's taste or to alter portion sizes.

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

**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).

**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.

**dissolve:** to stir an ingredient, like sugar, into another ingredient, like water, until they become one substance; or to melt or liquefy a solid food, such as butter, chocolate, or sugar.

## Equipment

- Oven
- Muffin pan
- Cutting board
- Kid-safe knife
- Paper towels
- Large mixing bowl
- Grater
- Wooden spoon
- Nonstick skillet + lid
- Dry measuring cups
- Measuring spoons
- Small saucepan
- Liquid measuring cup
- Pitcher

## Ingredients

### Lasagna Roll-Ups

- 2 to 3 zucchini, divided
- salt, to sprinkle on sliced zucchini
- olive oil, to grease pan
- 4 oz mozzarella cheese, about 1 C shredded **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free mozzarella cheese shreds, like Daiya brand)\*\***
- 1 to 2 basil leaves
- 4 oz ricotta cheese, about 1/2 C **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free ricotta or cream cheese)\*\***
- salt and ground black pepper, to taste
- 1 egg **\*\* (Omit for EGG ALLERGY)\*\***
- 12 wonton wrappers, optional **\*\* (for EGG/GLUTEN ALLERGY sub rice paper wrappers, soaked in warm water for 20 secs)\*\***

## Charred Cherry Tomato Sauce

- 1/2 to 1 C cherry tomatoes, the riper the better **\*\***(Omit for NIGHTSHADE ALLERGY and dip roll-ups into extra olive oil + basil OR sub cooked beets for tomatoes)**\*\***
- 1 to 2 garlic cloves
- 1 to 2 fresh basil leaves
- 2 T olive oil
- salt and ground black pepper, to taste
- 1 tsp granulated sugar, if needed

## Orange Basil Soda

- 1/2 C water
- 4 fresh basil leaves
- 1/2 C granulated sugar
- 2 to 3 oranges
- 2 C sparkling water
- ice

## Food Allergen Substitutions

### Lasagna Roll-Ups

**Dairy:** Substitute dairy-free/nut-free mozzarella cheese shreds, like Daiya brand. Substitute dairy-free/nut-free ricotta or cream cheese.

**Egg:** Omit egg. Substitute rice paper wrappers for optional wonton wrappers, soaked in warm water for 20 seconds.

**Gluten/Wheat:** Substitute rice paper wrappers for optional wonton wrappers, soaked in warm water for 20 seconds.

### Charred Cherry Tomato Sauce

**Nightshade:** Omit cherry tomatoes and dip roll-ups into extra olive oil + basil OR substitute cooked beets for tomatoes.

### Orange Basil Soda

# Instructions

## Lasagna Roll-Ups

### slice + sprinkle

Have your kids slice **1 to 2 zucchini** lengthwise into 1/8-inch-thick slices. Lightly salt the zucchini and set aside for 10 to 15 minutes to let the water "sweat" out. Blot the zucchini dry with paper towels; it should be pliable enough to make the lasagna roll-ups!

### preheat + grease

Preheat your oven to 400 F and generously grease the wells of a muffin pan with **olive oil**.

### grate + squeeze + tear

Have your kids grate **4 ounces of mozzarella cheese** and add it to a large bowl (setting aside some cheese for the top of the lasagna). Have your kids grate **1 zucchini** and, with clean hands, squeeze the moisture out of the grated zucchini and discard the liquid. Add the squeezed, grated zucchini to the grated cheese. Have your kids tear **1 to 2 basil leaves** and add them to the bowl. Mix well.

### measure + crack

Have your kids measure **4 ounces of ricotta cheese** and add it to the bowl. Mix well and add **salt and black pepper** to taste. Crack **1 egg** into the bowl and mix some more!

### spoon + roll

Time to make the lasagna roll ups! Have your kids lay a zucchini noodle on a cutting board, add a spoonful of cheese mixture, and spread over the zucchini noodle evenly. Have the kids roll it up and add the roll-ups to your muffin pan. If necessary, cut the roll-ups in half.

### wonton option

Alternatively, you can use wonton wrappers instead of the zucchini noodles. Just lay a wonton wrapper on a cutting board, add a spoonful of the cheese mixture and spread it evenly over the wonton wrapper. Have your kids roll up the wonton and place it in the muffin pan. You could even use both zucchini noodles and wonton wrappers!

### bake + top + dip

Bake lasagna roll-ups for 3 to 5 minutes in the oven or until bubbly and browned on the edges. While the roll-ups cook, have your kids layer more roll-ups on their cutting board. Kids can tear more basil into little pieces. Top the finished lasagna roll-ups with the extra grated cheese and fresh basil, then dip in **Charred Cherry Tomato Sauce!** "Buon appetito" (Bwohn ap-peh-TEE-toe) or "Enjoy your meal" in Italian!

Charred Cherry Tomato Sauce

### slice + chop + tear

Have your kids slice **1/2 to 1 cup cherry tomatoes** in half, chop **1 to 2 garlic cloves**, and tear **1 to 2 fresh basil leaves**. Heat **2 tablespoons of olive oil** in a nonstick skillet over medium heat on your stovetop.

### sauté + season + stir

Add the chopped garlic and sauté for 1 minute. Lower the heat to medium-low and add the halved tomatoes, then season well with **salt and a little black pepper**.

### cover + taste + adjust

Cover the skillet and cook for about 5 to 10 minutes, or until the tomatoes are soft and break down. Add torn basil leaves and taste. Adjust by adding more salt and pepper to taste. If the sauce tastes too acidic, you can add **1 teaspoon of sugar** at this point and then cook for 3 to 5 minutes on low heat just to dissolve the sugar.

### pour + count + serve

Carefully pour the sauce into a bowl and have kids take turns carefully mashing and mixing it with a wooden spoon while counting to 10 in Italian: 1 uno (OO-noh), 2 due (DOO-eh), 3 tre (treh), 4 quattro (KWAHT-troh), 5 cinque (CHEEN-kweh), 6 sei (SEH-ee), 7 sette (SET-teh), 8 otto (OHT-toh), 9 nove (NOH-veh), 10 dieci (dee-EH-chee). Serve warm with **Lasagna Roll-Ups!**

## Orange Basil Soda

### boil + dissolve + cool

In a small saucepan on your stovetop, boil **1/2 cup water**. Once boiling, turn off the heat and have your kids carefully add **4 whole basil leaves** and **1/2 cup sugar** to the hot water. Stir and let sit until the sugar is dissolved, about 5 minutes. Let cool, then remove and discard the whole basil leaves.

### slice + juice

Have your kids slice **2 to 3 oranges** into wedges and squeeze the juice from their wedges into a pitcher.

### add + stir

Add the cooled basil simple syrup and **2 cups sparkling water**, stir, and serve in cups over ice. "Salute" (sah-LOO-teh) or "Cheers" in Italian!

## Featured Ingredient: Tomato!

Hi! I'm Tomato!

"I'm a beautiful, juicy red Tomato. Do you pronounce my name: "tuh-may-tow" or "tuh-mah-tow?" Either way you slice it (or say it), we tomatoes are wonderfully adaptable. You'll find us fresh or cooked on

sandwiches, in salads, tacos, soups, stews, sauces, and much more."

## History & Etymology

The tomatoes we have now descended from the pea-size fruit of wild plants that grew in western South America. Mesoamericans were the first to domesticate the tomato plant sometime before 500 BCE. Hernán Cortés, a Spanish conquistador, may have brought tomatoes back to Europe in the 16th century after conquering the Aztec city, Tenochtitlan (now Mexico City).

Tomatoes cultivated in North American colonies in the early 1700s may have been introduced from the Caribbean. Thomas Jefferson also brought tomato seeds back from France. Before tomatoes were used in cooking, the plants were used ornamentally due to some people's beliefs that they were poisonous. One reason for this error was that tomatoes come from the nightshade family, including the belladonna plant (or deadly nightshade), which has highly toxic leaves and berries. Another reason may be that the pewter plates they used back then adversely reacted to the acid in tomato juice.

China is by far the largest producer of tomatoes in the world. In the United States, California and Florida produce the most tomatoes.

The American and British pronunciations of "tomato" were made famous by an Ira and George Gershwin song from 1937 called "Let's Call the Whole Thing Off." Americans pronounce the word "tuh-may-tow," and the British say "tuh-mah-tow."

The word "tomato" comes from the Spanish, French, or Portuguese "tomate," from the Nahuatl "tomatl."

## Anatomy

The tomato is a berry from the tomato plant (*Solanum Lycopersicum*), a perennial vine. It is part of the Solanaceae family, like the potato, pepper, eggplant, and petunia. Since it is a berry, it is a fruit, although mainly used as a vegetable.

A tomato's color is usually red but can also be yellow, orange, green, or purple. Tomatoes can be spherical, oval, or pear-shaped. Their flesh is pulpy with cavities, called locules, that hold the seeds.

There are more than 10,000 tomato varieties. Some are hybrids, and some are heirlooms. An heirloom tomato is a variety that has been grown for generations on a family farm rather than commercially.

Unfortunately, in the past 40 years, many heirloom varieties have been lost, along with the smaller family farms that grew them. However, hundreds of heirloom tomato varieties are still available.

## How to Pick, Buy, & Eat

If you are growing your own tomatoes, pick them from the vine while still firm, with a slight give, and before their ripe color (usually red) deepens too much. While holding the fruit, twist it off the stem until it snaps off. The leaf on top of the tomato (the calyx) and part of the stem will come with it. You can also snip

it off using garden scissors.

When you choose tomatoes at the store, pick fruit that has smooth, brightly colored skin with no cracks or bruises, is firm but gives with slight pressure, is heavy for its size, and has a pleasant, aromatic smell.

Avoid tomatoes with pale or dark spots.

Store tomatoes at room temperature, as their flavor will decrease in a refrigerator's cold temperature. Wait to wash them until you are ready to use them.

If you plan to make a tomato sauce or soup using fresh, raw tomatoes, you will want to peel them first.

This can be difficult without some preparation: First, put a pot of water on the stove to boil and fill a large bowl with cold or icy water. Next, after washing the tomatoes, use your knife to cut a shallow 'X' through the skin at the top or bottom of each one. Then use a slotted spoon to place the tomatoes into the boiling water until the skin begins to loosen and peel back at the incision, about 30 to 60 seconds. Finally, immediately dunk them into the ice water. The skin should peel easily now. You can also remove the seeds by cutting the peeled tomatoes in half and scooping the seeds out with a spoon.

Tomatoes are versatile vegetables for cooking. Ripe tomatoes can be prepared fresh, stuffed, baked, boiled, or stewed, and they are the base for many sauces. You can also pickle green, unripe tomatoes, add them to salsa or bread and fry them.

## Nutrition

Tomatoes are a moderate source of vitamin C, and cooked tomatoes are high in lycopene, an antioxidant, which may help protect your body's cells from damage, strengthen your immune system, and prevent some diseases.