



No-Cook: Petite Veggie Crudités & Rémoulade + French Lemon Spritz

By Erin Fletter

Prep Time 15 / Cook Time 0 / Serves 4 - 6

Shopping List

FRESH

1 lemon

Pick 3 veggies of your choice:

1 handful baby carrots

1 handful fresh green beans

1/2 bunch red radishes

2 to 3 stalks celery

1 cucumber

DAIRY

2 T plain yogurt **** (for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)****

PANTRY

2 T mayonnaise **** (for EGG ALLERGY sub vegan mayonnaise)****

1 squeeze lemon juice

1 big pinch salt

1 tiny pinch ground black pepper

1/3 C granulated sugar

2 1/2 C sparkling water

HAVE ON HAND

1 C ice

Fun-Da-Mentals Kitchen Skills

pour: to cause liquid, granules, or powder to stream from one container into another.

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.

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!

Equipment

Cutting board + kid-safe knife

Large plate

Small bowl

Measuring spoons

Whisk

Pitcher

Citrus juicer (optional)

Dry measuring cups

Liquid measuring cup

Spoon to stir

Ingredients

Petite Veggie Crudités & Rémoulade

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1 handful fresh green beans

1/2 bunch red radishes

2 to 3 stalks celery

1 cucumber

2 T plain yogurt ******(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)******

2 T mayonnaise ******(for EGG ALLERGY sub vegan mayonnaise)******

1 squeeze lemon juice

1 big pinch salt

1 tiny pinch ground black pepper

1 pinch granulated sugar

French Lemon Spritz

1 lemon, juiced

1/4 C granulated sugar

2 1/2 C sparkling water

1 C ice

Food Allergen Substitutions

Petite Veggie Crudités & Rémoulade

Dairy: Substitute dairy-free/nut-free plain yogurt.

Egg: Substitute vegan mayonnaise.

French Lemon Spritz

Instructions

Petite Veggie Crudités & Rémoulade

intro

"Crudités" (croo-deh-TAY) and "rémoulade" (RAY-moo-laud) are French words. Crudités are raw vegetable appetizers served with rémoulade, a French dipping sauce.

chop + slice + arrange

Chop and slice your selection of **veggies** into bite-sized pieces, large enough to dip. Arrange on a large plate.

measure + whisk + dip

In a small bowl, measure and whisk together **2 tablespoons yogurt, 2 tablespoons mayonnaise, 1**

squeeze of lemon juice, 1 big pinch of salt, 1 tiny pinch of black pepper, and 1 pinch of sugar.

Dip your veggies in the rémoulade dip and enjoy!

French Lemon Spritz

squeeze + stir + pour

Squeeze the juice of **1 lemon** into a pitcher. Add **1/4 cup sugar** and stir. Measure and pour in **2 1/2 cups of sparkling water** and stir until the sugar is dissolved. Divide **1 C ice** between cups and pour the spritz over the ice!

Featured Ingredient: Vegetables!

Hi! We're Vegetables!

"We're as varied as the humans, animals, and plants on our planet! We come in many different colors, sizes, shapes, and flavors, and we're also eaten in a variety of ways, alone or with other foods and either raw or cooked. Not only do we taste good, we're good for you! If you try a veggie you don't particularly like, there may be several others, or other ways of eating it, that you will like!"

Vegetables are edible plants or components of a plant that often accompany meat or fish in a main meal.

The parts that can be eaten are flowers, fruits, leaves, roots, seeds, or stems.

Organic vegetables are certified to have not been grown in chemically-treated soil.

Vegetables are an essential part of the diet of any child and adult. Most vitamins and nutrients are contained within the vegetable's skin and the layer directly underneath it.

Vegetables are generally very low in fat and calories and excellent for healthy diets.

Frozen vegetables are just as beneficial to our health as fresh vegetables.

Various ways of cooking vegetables include roasting, baking, boiling, steaming, blanching, deep frying, stir-frying, sweating, grilling, and marinating.

Vegetables that are great when tossed with olive oil and roasted are carrots, broccoli, brussels sprouts, cauliflower, potatoes, and squash.

Green leafy vegetables, like collard and mustard greens, kale, spinach, and swiss chard, are very versatile for cooking. Cooking methods include baking, blanching, boiling, steaming, and stir-frying. They are also great in soups; kale and spinach are often eaten raw in salads.

The nutritional value of most vegetables decreases during the cooking process.

Vegetables come in all different sizes, shapes, and colors, such as green, purple, red, and yellow. The more colorful, the better they are for you!

Vegetables are one of the richest sources of essential vitamins, minerals, and nutrients for our health.

Eating our veggies can help to improve our immune systems and allow our bodies to fight against illness and disease, including cancer and heart disease.

Many vegetables provide a great source of vitamins A, C, and B. Doctors, scientists, and leading health experts recommend that kids eat multiple servings of vegetables and fruit daily.

Vegetables can give children more energy and the ability to concentrate and focus more clearly and for

longer periods.

Vegetables can benefit our skin, teeth, nails, and hair and keep us looking and feeling young.

A balanced diet with lots of vegetables can help you lose weight or maintain a healthy weight and live a longer and healthier life.