



## **Rainbow Macaroni Salad+Charred Green Onion Honey Dressing+Fabulous Frosted Orange Slushie**

By Erin Fletter

**Prep Time** 30 / **Cook Time** 17 / **Serves** 4 - 6

### **Shopping List**

☐ FRESH AND FROZEN

☐ 1 large carrot

☐ 1 C frozen peas

☐ 1/2 C cherry tomatoes

☐ 1 bunch green onions

☐ 1 garlic clove

☐ 2 oranges

☐ DAIRY

☐ 1/3 C milk + more if needed **\*\*(see allergy subs below)\*\***

☐ PANTRY

☐ 8 oz or 1 C dried elbow macaroni **\*\*(see allergy subs below)\*\***

☐ 1/4 C olive oil

☐ 2 T apple cider vinegar

☐ 1 T honey

☐ 1/2 tsp salt

☐ 1/4 tsp ground black pepper

☐ 2 T honey

- ☐ 1 tsp pure vanilla extract \*\*(see allergy subs below)\*\*
- ☐ NATURAL FOOD DYES FOR MACARONI (Choose at least 3)
- ☐ pink or red: 1 large red beet
- ☐ orange: 1/4 C pumpkin purée
- ☐ green: 1 C fresh or frozen and thawed spinach
- ☐ yellow: 1 large carrot
- ☐ blue: 1/4 purple cabbage head + about 1/4 tsp baking soda
- ☐ purple: 1/4 purple cabbage head (Many grocery stores will cut a cabbage in half and wrap it for you if you ask. That way you don't have to buy more than you need.)
- ☐ HAVE ON HAND
- ☐ 4 C water + more for some dyes
- ☐ 2 C ice

## Fun-Da-Mentals Kitchen Skills

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

**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.

**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.

**snip:** to use scissors to cut something with quick, sharp strokes.

**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.

**char:** to intentionally burn food, like peppers, vegetables, fish, or steak, to give it a blackened, crispy, smoky, and caramelized appearance, flavor, and texture.

**color or dye:** to add natural or synthetic colors to change the appearance of food, like unshelled hard-boiled eggs, cakes, shredded coconut, or frostings.

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

mixing.

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

**peel:** to remove the skin or rind from something using your hands or a metal tool.

## Equipment

- ☐ Large pot
- ☐ Skillet
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Colander or strainer
- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Grater (with large and small zesting plates)
- ☐ Paper towels
- ☐ Can opener
- ☐ Wooden spoon
- ☐ Whisk
- ☐ Blender (or pitcher + immersion blender)

## Ingredients

### Rainbow Macaroni Salad with Charred Green Onion Honey Dressing

- ☐ Macaroni salad:
  - ☐ 8 oz or 1 C dried elbow macaroni **\*\*(for CELIAC/GLUTEN ALLERGY sub 8 oz or 1 C gluten-free/nut-free elbow macaroni)\*\***
  - ☐ 4 C water
  - ☐ 1 large carrot
  - ☐ 1 C frozen peas, thawed
  - ☐ 1/2 C cherry tomatoes

- ☐ Natural food dyes:
- ☐ pink or red: 1 large red beet
- ☐ orange: 1/4 C pumpkin purée
- ☐ green: 1 C fresh or frozen and thawed spinach
- ☐ yellow: 1 large carrot
- ☐ blue: 1/4 purple cabbage head + about 1/4 tsp baking soda
- ☐ purple: 1/4 purple cabbage head
- ☐ Dressing
- ☐ 1 bunch green onions
- ☐ 1 garlic clove
- ☐ 1/4 C olive oil, divided
- ☐ 2 T apple cider vinegar
- ☐ 1 T honey
- ☐ 1/2 tsp salt, divided
- ☐ 1/4 tsp ground black pepper

### Fabulous Frosted Orange Slushie

- ☐ 2 oranges
- ☐ 2 C ice
- ☐ 2 T honey
- ☐ 1 tsp pure vanilla extract **\*\***(for CELIAC/GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- ☐ 1/3 C milk + more if needed **\*\***(for DAIRY ALLERGY sub 1/3 C dairy-free/nut-free milk)**\*\***

## Food Allergen Substitutions

### Rainbow Macaroni Salad with Charred Green Onion Honey Dressing

**Celiac/Gluten/Wheat:** For 8 oz or 1 C dried elbow macaroni, substitute 8 oz or 1 C gluten-free/nut-free elbow macaroni.

## Fabulous Frosted Orange Slushie

**Celiac/Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Dairy:** For 1/3 C milk, substitute 1/3 C dairy-free/nut-free milk.

## Instructions

### Rainbow Macaroni Salad with Charred Green Onion Honey Dressing

#### boil + drain

Adults boil **8 ounces or 1 cup of dried elbow macaroni** in **4 cups of water** in a large pot for 8 to 10 minutes (or according to package directions). Drain and set aside. Divide the cooked macaroni into equal portions for as many colors as you're making!

#### grate + mince

Have kids grate **1 carrot**, chop **1/2 cup of cherry tomatoes**, and set them aside.

#### food dyes

Have kids make the natural food colors to dye their macaroni! Please choose at least 3 colors to make (though it's fun to make all 6 colors!). Kids can work alone or in teams! Keep the different colored macaroni noodles separate. Have them pour a bit of food dye at a time into each bowl of macaroni and mix until the shade is what they want. Once each bowl of macaroni is dyed separately, mix all of the macaroni together. See instructions for each color below.

#### pink or red

Have kids peel **1 fresh beet** (adults help with this!). Then, they grate it using the small zesting plate or side on your grater and squeeze the juice from the grated beet using a paper towel. Use this liquid for the pink or red dye.

#### orange

Have kids mix **1/4 cup of pumpkin purée** with water to thin it out. Use this mixture for the orange dye.

#### yellow

Have kids grate **1 large carrot** using the small zesting plate or side on your grater and squeeze the juice from the grated carrot using a paper towel. Use this liquid for the yellow dye.

#### green

If using fresh spinach, have kids chop **1 cup of fresh spinach** and put it in a blender (or bowl for use with an immersion blender). Add a bit of water and blend. Have them squeeze the juice from the chopped spinach using a paper towel. Use this liquid for the green dye. If using frozen and thawed chopped spinach,

kids can squeeze the liquid from the spinach using a paper towel (you shouldn't need to chop it or add extra water). Use this liquid for the green dye.

### blue

Have kids chop **1/4 purple cabbage head** and add it to your pot with **1/2 cup of water**. Bring to a simmer and let the cabbage bleed into the water for 10 minutes. Adults strain the liquid and add **1 pinch of baking soda** at a time until the liquid turns blue.

### purple

Have kids chop **1/4 purple cabbage head** and add it to your pot with **2 cups of water**. Bring to a simmer and let the cabbage bleed into the water for 10 minutes. Adults strain and use the liquid for the purple dye.

### measure + add

Measure **1 cup of peas** and add them to the dyed macaroni. Add the **grated carrot** and **chopped cherry tomatoes**.

### slice + mince

Let's make the dressing! Have kids thinly slice **1 bunch of green onions**, then mince **1 garlic clove** and set it aside. They can add the **sliced green onions**, **2 tablespoons olive oil**, and **1 big pinch of salt** to your **cold** skillet.

### fry + char

Adults fry the green onions until they're crispy around the edges and charred in spots, about 1 to 2 minutes.

### measure + add

Have kids measure and add **2 tablespoons vinegar**, **1 tablespoon honey**, **2 tablespoons olive oil**, the **minced garlic**, **1/4 teaspoon salt**, and **1/4 teaspoon black pepper** to a mixing bowl.

### scoop + whisk

Adults scoop the charred green onions into the bowl. Have kids take turns whisking to combine.

### pour + fold

Pour the Charred Green Onion Honey Dressing over the salad and gently fold to combine.

## Fabulous Frosted Orange Slushie

### peel + chop

Have kids peel **2 oranges**, roughly chop them, and add them to a blender (or pitcher for use with an immersion blender).

### measure + add

Have kids measure and add **2 cups ice**, **2 tablespoons honey**, **1 teaspoon vanilla extract**, and **1/3 cup milk** to the blender.

### blend + pour

Let kids blend everything until smooth and frothy! Add a bit more milk (or water) to thin it out as needed. Pour into cups and enjoy!

## Featured Ingredient: Onions!

Hi! I'm Onion!

"Did you know that onions are vegetables? My close relatives are chive, garlic, and leek, and I'm a distant cousin of the amaryllis and daffodil. I'm actually the edible bulb of the onion plant!

### History & Etymology

The onion is thought to be native to Asia, but there are also ancient remnants from Iran, India, and Egypt. The Egyptians even worshiped onions! They believed their circular shape and layers symbolized eternal life, and often onions were placed in ancient tombs to bring prosperity to mummies in the afterlife. Ancient Greek and Roman athletes used to eat onions to get strong, and they even rubbed onions on their bodies before competing in events like the Olympics.

In medieval times, people used onions as a form of currency! Imagine paying bills with a bag of onions! Native Americans in Eastern Canada and the Eastern United States ate a species of wild onion, also called ramps or wild leek.

China is the largest producer of onions. In the US, California grows the most onions.

Some people around the world say, possibly as early as 3,000 years ago in China, that onions can predict the weather.

There is even a saying about onions and the weather that goes like this: "Onion's skin very thin, mild winter coming in; onion's skin thick and tough, coming winter cold and rough."

The word "onion" comes from Middle English from the Old French "oignon," based on the Latin "unionem," literally "union," indicating the unity of the layers of the onion.

### Anatomy

Onions are part of the "Allium cepa" genus and Amaryllidaceae family. "Cepa" is Latin for "onion." The common onion plant grows from 6 to 18 inches tall.

They have hollow green leaves that grow upward and fan out of a covered stem from the top of the bulb. Roots extend out of the basal plate at the bottom of the bulb into the soil.

The onion bulb is described as having a "globe" shape. It is made up of fleshy leaves that grow around the flower bud in the middle. These fleshy leaves are covered by scaly leaves, the onion's "skin," that dry out and become papery when it is time for the onion to be harvested.

## How to Pick, Buy, & Eat

There are lots of onion varieties! Green onions (also called scallions or spring onions) are mild in flavor, and both the bulbs and top leaves can be eaten. They are often found in salads and stir-fry dishes. They have a small, not fully developed white bulb end with long green stalks. The white shaft of the plant extends from the roots to the leaves.

Yellow onions can be pungent or sweet. The Spanish onion is a common pungent variety typically found in grocery stores. The Vidalia is a sweet onion from the state of Georgia, and the Walla Walla is a sweet onion from the state of Washington.

White onions have a sharp flavor and are often used in Mexican cooking. Red onions are sweeter than yellow and white onions and are used raw in salads and on burgers.

The shallot is a smaller variety with a milder pungent flavor often used in sautéed dishes, sauces, and stocks. Pearl onions are tiny bulbs that are mild in flavor and great for pickling.

Store whole raw onions in a cool, dark location. Cut onions will keep in the refrigerator for about a week.

Store them in an airtight container that will not absorb their smell (i.e., glass rather than plastic).

Onions can cause eye irritation and tears when you cut into them. This is because a chemical compound called syn-propanethial-S-oxide is released into the air when you slice an onion, and tears are produced to wash it away.

Chilling onions in the refrigerator or a bowl of ice water before cutting them can decrease the amount of irritation. Other suggestions include using a sharp knife, holding a piece of bread in your mouth while you slice, or wearing goggles.

## Nutrition

Onions have a high water content, about 89 percent, and are low in calories. They contain low amounts of protein, fiber, and essential nutrients.