



Very Veggie Cobbler in a Mug with Cheesy Cheddary Biscuit + Bold Boston Cranberry Iced Tea

By Jacy Shoener

Prep Time 16 / Cook Time 5 / Serves 1 - 1

Shopping List

FRESH AND FROZEN

Choose 3 to 4 veggies for the cobbler:

1 to 2 frozen broccoli florets

1 to 2 frozen cauliflower florets

1 to 2 slices eggplant **** (see allergy subs below) ****

1 to 2 slices zucchini

1 to 2 slices yellow squash

1 red, orange, or yellow bell pepper OR 1 mini sweet pepper **** (see allergy subs below) ****

2 T frozen diced carrot, corn, peas, or a mix of these

3 to 4 grape tomatoes **** (see allergy subs below) ****

1 green onion

DAIRY

2 T cold butter **** (see allergy subs below) ****

1 T grated Parmesan cheese **** (see allergy subs below) ****

1/4 C milk **** (see allergy subs below) ****

3 to 4 T grated cheddar cheese **** (see allergy subs below) ****

PANTRY

- 5 T all-purpose flour **** (see allergy subs below)****
- 1/2 tsp baking powder
- 1/2 tsp dried parsley flakes
- 1/4 tsp garlic powder
- 1/4 tsp Old Bay Seasoning **** (see allergy subs below)****
- 1 decaf tea bag
- 1/2 C cranberry juice (or peach, raspberry, blueberry, or cherry juice)
- HAVE ON HAND
- 1/2 C water
- 2 to 3 ice cubes

Fun-Da-Mentals Kitchen Skills

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

coat: to apply a covering of flour, breadcrumbs, oil, sauce, or batter to food before baking or frying.

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

melt: to heat a solid food so it becomes liquid, like butter or chocolate.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

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

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

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

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

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

- Microwave
- Microwave-safe mug

- Potholder
- Paper towel
- Cutting board
- Kid-safe knife
- Clean kitchen scissors (optional)
- Small bowl
- Liquid measuring cup
- Measuring spoons
- Spoon
- Spatula

Ingredients

Very Veggie Cobbler in a Mug with Cheesy Cheddary Biscuit

- Cobbler:
 - 1 T butter **** (for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance brand)****
 - 1 T grated Parmesan cheese **** (for DAIRY ALLERGY sub dairy-free/nut-free grated Parmesan cheese)****
 - Choose at least 3 to 4 of the following veggies:
 - 1 to 2 frozen broccoli florets
 - 1 to 2 frozen cauliflower florets
 - 1 to 2 slices eggplant
 - 1 to 2 slices zucchini
 - 1 to 2 slices yellow squash
 - 1 slice red, orange, or yellow bell pepper OR 1 mini sweet pepper **** (Omit for NIGHTSHADE ALLERGY)****
 - 2 T frozen diced carrot, corn, peas, or a mix of these
 - 3 to 4 grape tomatoes **** (Omit for NIGHTSHADE ALLERGY)****
 - 1 green onion
- Biscuit:
 - 5 T all-purpose flour **** (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****

- 1/2 tsp baking powder
- 1/2 tsp parsley flakes
- 1/4 tsp garlic powder
- 1/4 tsp Old Bay Seasoning **** (Omit for NIGHTSHADE ALLERGY or sub 1/8 tsp celery salt)****
- 1 T cold butter **** (for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance brand)****
- 1/4 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 3 to 4 T grated cheddar cheese **** (for DAIRY ALLERGY sub dairy-free/nut-free cheddar cheese shreds, like Daiya brand)****

Bold Boston Cranberry Iced Tea for One

- 1/2 C water
- 1 decaf tea bag
- 1/2 C cranberry juice (or peach, raspberry, blueberry, or cherry juice)
- 2 to 3 ice cubes

Food Allergen Substitutions

Very Veggie Cobbler in a Mug with Cheesy Cheddary Biscuit

Dairy: Substitute dairy-free/nut-free butter, like Earth Balance brand. Substitute dairy-free/nut-free grated Parmesan cheese. Substitute dairy-free/nut-free milk. Substitute dairy-free/nut-free cheddar cheese shreds, like Daiya brand.

Nightshade: Omit bell pepper and grape tomato veggie options. Omit 1/4 tsp Old Bay Seasoning OR substitute 1/8 tsp celery salt.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Bold Boston Cranberry Iced Tea for One

Instructions

Very Veggie Cobbler in a Mug with Cheesy Cheddary Biscuit

measure + melt

Measure **1 tablespoon butter** and add it to a microwave-safe mug. Cover the mug with a damp paper towel. Microwave on high for 30 seconds.

chop + coat + microwave

For this recipe you get to choose your vegetables. Chop the following (if using) into bite-sized pieces: **1 to 2 broccoli florets, 1 to 2 cauliflower florets, 1 to 2 eggplant slices, 1 to 2 zucchini slices, 1 to 2 yellow squash slices,** and **1 bell pepper slice**. Add them to the mug and mix until the butter coats the vegetables evenly. Cover the mug with a damp paper towel. Microwave on high for 1 minute.

slice + snip

Slice **3 to 4 grape tomatoes** (if using) in half and add them to the mug. Snip or slice **1 green onion** (if using) into small pieces and add them to the mug.

measure + mix

Measure **2 tablespoons frozen diced carrot, corn, peas, or a mix of these** (if using) and add them to the mug. Measure and add **1 tablespoon Parmesan cheese** to the mug. Mix until the butter and Parmesan coat the vegetables evenly. Set aside while you make the dough for the biscuit, which will be cooked on top of the veggies.

measure + whisk

Into a small bowl, measure **5 tablespoons flour, 1/2 teaspoon baking powder, 1/2 teaspoon parsley, 1/4 teaspoon garlic powder,** and **1/4 teaspoon Old Bay Seasoning**. Whisk together until the dry ingredients are well combined.

chop + cut in

Measure **1 tablespoon cold butter** and chop into small pieces. Use your clean hands to cut the butter into the flour mixture, until it resembles coarse sand.

measure + mix

Once the butter is mixed in well, measure and add **1/4 cup milk**. Use a spatula to mix until a thick batter forms. Measure and mix in **2 to 3 tablespoons grated cheddar cheese**.

transfer + sprinkle + microwave

Transfer the biscuit dough into the mug, leaving it on top of the vegetable mixture. Sprinkle the top of the biscuit with **1 tablespoon grated cheddar cheese**. Microwave on high for 2 to 3 minutes until the biscuit looks solid.

eat + enjoy

Eat and enjoy with **Bold Boston Cranberry Iced Tea!** As they might say in New England, "It's wicked good!"

Bold Boston Cranberry Iced Tea for One

measure + steep

Measure **1/2 cup water** and add it to a microwave-safe mug. Heat in the microwave on high for 30 seconds. Carefully remove the mug using a potholder. Place the **1 decaf tea bag** in the water and allow it to steep.

remove + measure + stir

After about 5 minutes, remove the tea bag from the water. Measure and add **1/2 cup cranberry juice**. Add **2 to 3 ice cubes** and stir gently. Cheers!

Featured Ingredient: Cheddar Cheese!

Hi! I'm Cheddar Cheese!

"I'm usually recognized by my firm, yellow-orange blocky shape, although I can be a pale yellow or off-white color. You might have tried me in mac and cheese, grilled cheese sandwiches, or on top of a burger!"

Cheddar cheese is a semi-hard, smooth cow's milk cheese from the town of Cheddar, in the county of Somerset, in southwestern England, where caves in the area had the proper moisture and temperature to age the cheese. It dates to at least the early 12th century. There is an 1170 reference to an order by King Henry II for over 10,000 pounds of cheddar cheese.

Joseph Harding, a cheesemaker from Somerset, is considered the "father of cheddar cheese." In the 1800s, he found an easier way to drain more of the moisture from the milk curds when making cheddar. He also developed superior ways to address hygiene and temperature control during production. He shared his methods in Scotland and trained American cheesemakers when they came to Somerset.

Two varieties of cheddar cheese are certified, with one having a protected designation of origin, meaning its unique qualities are associated with that location. West Country Farmhouse Cheddar is produced with milk from Somerset and three other counties in southwestern England using traditional methods. Orkney Scottish Island Cheddar has protected geographical indication, meaning its unique qualities are associated with the Orkney Islands in Scotland, and it is either fully or partially processed on the islands.

However, since the cheddar type of cheese itself does not have a protected designation of origin, it can be made anywhere in the world. It is one of the most popular cheeses worldwide. In the United States, Wisconsin produces most of its cheddar cheese.

Andrew Jackson, the US president from 1829 to 1837, served a wheel of cheddar cheese weighing 1,400 pounds at his last open house for the public!

In 1866, a 7,000-pound cheddar cheese made in Ingersoll, Ontario, Canada, inspired Scottish Canadian poet James McIntyre to write an "Ode on the Mammoth Cheese Weighing over 7,000 Pounds!"

A more "mammoth" cheddar cheese, weighing 22,000 pounds, produced in Perth, Ontario, in 1893, was brought to the Chicago World's Fair for the Canada exhibit. However, it fell through the floor and had to be displayed on a reinforced concrete floor in the Agricultural building.

Oregon cheesemakers created an even larger cheddar in 1989, weighing 56,850 pounds, but Canada was

not to be outdone. In 1995, a cheddar was made in Quebec, weighing almost 57,519 pounds!

The types of cheddar sold in the US include mild, medium, sharp, extra sharp, New York style, white, and Vermont. Cheddar cheese is naturally white to yellow, depending on the milk used. Grass-fed cow's milk produces a more yellow cheddar. To give cheddar its typical yellow-orange color, annatto, a natural dye made from the seeds of a tropical tree, is added.

Cheddar cheese slices or cubes are a great snack or dessert served with fruit. Grated cheddar cheese is also a tasty addition to apple pie, biscuits, bread, chili con carne, and soups, and it can be melted for fondue or nachos.