Very Veggie Pot Pies + “Caramel” Apple Shazam Shakes

By Erin Fletter

Prep Time 40 / **Cook Time** 15 / **Serves** 4 - 6

Shopping List

☐ FRESH

☐ 1 or 2 green onions

☐ 1 garlic clove

☐ 1 to 2 apples

☐ Choose at least 4 of these veggies for pot pie filling:

☐ 1 zucchini (fun to chop)

☐ 1 yellow squash (fun to chop)

☐ 1 to 2 celery stalks (fun to chop)

☐ 6 baby carrots (fun to chop)

☐ 2 handfuls frozen green peas

☐ 2 handfuls frozen corn

☐ 2 handfuls frozen green beans

☐ 1 handful mushrooms (fun to chop + adds a "meaty" taste)

☐ 1/2 C cauliflower (fun to chop)

☐ 1/2 C broccoli (fun to chop)

☐ 1 baby eggplant (fun to chop)

☐ 2 handfuls fresh spinach (fun to chop)

☐ 2 handfuls fresh kale (fun to chop)

☐ 1 bell pepper (red, yellow, orange or green)

☐ 1 tomato

☐ 1 handful Brussel sprouts

☐ FROZEN

☐ Optional time saver for crust: 1 can premade biscuit dough or puff pastry, like Immaculate Baking Dough ***(see allergy subs below)**

☐ 1 to 1 1/2 C frozen hash browns (diced or shredded) OR 1 15-oz can unsweetened potato or sweet potato (whole, cut, or diced)

☐ DAIRY

☐ 1 stick or 1/2 C butter, frozen for crust **(see allergy subs below)**

☐ 1/4 C shredded cheese + extra for sprinkling on top pies **(see allergy subs below)**

☐ 1 C half-and-half **(see allergy subs below)**

☐ PANTRY

☐ Oil or cooking spray for muffin pan

☐ 1 C + 2 T all-purpose flour, for crust **(see allergy subs below)**

☐ Filling:

☐ 1 tsp poultry seasoning

☐ 1 vegetable bouillon cube (or 1 tsp bouillon powder/paste) **(see allergy subs below)**

☐ 1 T cornstarch

☐ 1 tsp ground black pepper

☐ 1/4 C raisins

☐ 1 pinch salt

☐ HAVE ON HAND

☐ 2 C water

☐ 4 C ice

Fun-Da-Mentals Kitchen Skills

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

cut in: to mix a cold, solid fat, like butter or shortening, into a dry ingredient, like flour, until there are

particles of fat covered with the dry ingredient. The recipe might call for "pea size" particles or a mixture that looks like "coarse meal." You can use a pastry blender, two knives, or your fingers to cut in the fat.

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

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.

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!

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

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.

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

plump up: to stew or soak dried foods, like raisins or noodles, in liquid to rehydrate them, often causing them to become fuller.

Equipment

☐ Blender (or pitcher + immersion blender)

☐ Small bowl

☐ Cutting board + kid-safe knife

☐ Liquid measuring cup

☐ Oven

☐ Muffin pan

☐ Skillet

☐ Medium mixing bowl

☐ Dry measuring cups

☐ Measuring spoons

☐ Pastry blender or fork

☐ Grater

☐ Wooden spoon

Ingredients

Very Veggie Pot Pies

☐ Oil or cooking spray for muffin pan

☐ Crust:

☐ 1 stick or 1/2 C butter, frozen **(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance brand)**

☐ 1 C + 2 T all-purpose flour **(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**

☐ ice water, as needed

☐ Optional time saver for crust: 1 can premade biscuit dough or puff pastry, like Immaculate Baking Dough **(for GLUTEN ALLERGY sub gluten-free/nut-free premade pastry or pie dough)**

☐ Filling:

☐ 1 tsp poultry seasoning

☐ 1 or 2 green onions

☐ 1 garlic clove

☐ 1 vegetable bouillon cube (or 1 tsp bouillon powder/paste) **(Check label for possible allergens, like gluten, soy, or nightshade, and omit if necessary)**

☐ 1/4 C water + more as needed

☐ 1 T cornstarch

☐ 1/4 C shredded cheese + extra for sprinkling on top pies **(omit for DAIRY ALLERGIES or use dairy-free/nut-free cheese shreds, like Daiya brand)**

☐ 1 tsp ground black pepper

☐ Choose at least 4 of these veggies:

☐ 1 zucchini (fun to chop)

☐ 1 yellow squash (fun to chop)

☐ 1 to 2 celery stalks (fun to chop)

☐ 6 baby carrots (fun to chop)

☐ 2 handfuls frozen green peas

☐ 2 handfuls frozen corn

☐ 2 handfuls frozen green beans

☐ 1 handful mushrooms (fun to chop + adds a "meaty" taste)

☐ 1/2 C cauliflower (fun to chop)

☐ 1/2 C broccoli (fun to chop)

☐ 1 baby eggplant (fun to chop)

☐ 2 handfuls fresh spinach (fun to chop)

☐ 2 handfuls fresh kale (fun to chop)

☐ 1 bell pepper (red, yellow, orange or green)

☐ 1 tomato

☐ 1 to 1 1/2 C frozen hash browns (diced or shredded) OR 1 15-oz can unsweetened potato or sweet potato (whole, cut, or diced)

☐ 1 handful Brussel sprouts

“Caramel” Apple Shazam Shakes

☐ 1/4 cup raisins

☐ 1 to 2 apples

☐ 1 C half-and-half **(for DAIRY ALLERGY sub dairy-free/nut-free creamer or full-fat canned coconut milk)**

☐ 1 pinch salt

☐ 2 to 3 C ice

Food Allergen Substitutions

Very Veggie Pot Pies

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour for all-purpose flour OR gluten-free/nut-free premade pastry or pie dough in Crust.
Dairy: Substitute dairy-free/nut-free butter, like Earth Balance brand, for butter in Crust. Omit shredded cheese or use dairy-free/nut-free cheese shreds, like Daiya brand, in Filling.
Gluten/Soy/Nightshade: Check vegetable bouillon cube ingredients listed on label and, if necessary, omit from recipe.

“Caramel” Apple Shazam Shakes

Dairy: Substitute dairy-free/nut-free creamer or full-fat canned coconut milk for half-and-half in Shakes.

Instructions

Very Veggie Pot Pies

cut in + rub

Start by making the homemade pie crust! (Or use the timesaver premade dough option.) Have your kids cut **1 stick of frozen butter** into small cubes or slices and add to **1 cup plus 2 tablespoons of flour** in a medium mixing bowl. Using a pastry blender or fork, cut in the mixture until it resembles coarse meal. Then, have your kids use their hands to quickly rub the mixture together, so that the butter is absorbed into the flour.

drizzle + mix + roll

Gradually drizzle ice water into the bowl, mixing with the pastry blender or fork until the dough just comes together. Quickly shape the dough into a ball and flatten into a disk. Place on a floured surface and roll out to 1/8-inch thick. Have kids make roundish shapes for a total of about 12 dough rounds of homemade pie crust.

preheat + chop + sauté

Now it's time to make the veggie filling! Preheat your oven to 400 F and grease or spray a muffin pan with oil or butter. Chop **1 to 2 green onions** and **1 garlic clove** and sauté for 3 to 5 minutes in a little oil on your stovetop over medium heat. Meanwhile, have your kids chop, dice, slice, or grate your vegetables of choice into pieces that are approximately the same size.

measure + add + cook

Add your chopped vegetable mixture to the skillet with the onion and garlic. Add **1 teaspoon poultry seasoning**, **1 teaspoon black pepper**, and **1 vegetable bouillon cube**. Cook until vegetables are tender, approximately 5 minutes.

stir + thicken

Turn off the heat under the skillet, sprinkle in **1 tablespoon cornstarch**, and mix well. Add a little water at this point, just enough to get everything thick. Finally, add **1/4 cup shredded cheese**. Stir to combine.

press + spoon + sprinkle

Have your kids make a mini dough bowl with their fingers to line each well of your muffin pan. Press the dough into the bottom and up the sides of each well. Spoon the veggie mixture evenly into each cup and sprinkle with some extra cheese.

bake + cool

Bake for 12 to 15 minutes or until set and slightly golden. Remove from the oven and let them cool for a

few minutes before removing from the muffin pan.

“Caramel” Apple Shazam Shakes

plump + chop

In a small bowl, pour a little warm water over **1/4 cup raisins** and let them sit for at least 10 minutes and up to 2 hours. Then have your kids chop **1 to 2 apples** and add them and the plumped raisins to your blender or a pitcher for use with an immersion blender.

add + blend

Add **1 cup half and half**, **1 pinch of salt**, and **2 to 3 cups of ice** to the raisins and apples in your blender. Blend and shazam! You’ve got a delicious shake! Enjoy!

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.