



Crisp Savory Veggie Streusel

By Erin Fletter

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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).

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

mince: to chop into teeny tiny pieces.

mix: to thoroughly combine two or more ingredients until uniform in texture.

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

Equipment

- Cutting board + kid-safe knife
- Grater
- Medium mixing bowl
- Dry measuring cups
- Measuring spoons

Ingredients

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- 1/2 C mixed raw veggies (broccoli, cauliflower, carrot, sweet potato, parsnip)
- 1/4 C Italian or panko bread crumbs ******(for GLUTEN ALLERGY sub gluten-free/nut-free bread crumbs)******
- 1/4 C all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- 2 T butter ******(for DAIRY ALLERGY sub dairy-free/nut-free butter or olive oil)******

□ 1 pinch salt

Food Allergen Substitutions

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

Dairy: Substitute dairy-free/nut-free butter or olive oil.

Instructions

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mince + mix + sprinkle

Mince or grate **1/2 cup mixed veggies** In a mixing bowl, add the minced veggies, **1/4 cup bread crumbs, 1/4 cup flour, 2 tablespoon butter,** and **1 pinch of salt**. Mix with clean hands until a crumbly texture forms. Sprinkle evenly over mac and cheese or other casserole just before baking.

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.