

Creamy Spinach Tortellini + Pan Fried Sweet Potatoes + Crispy Sage + Fresh Italian Butter + Apple Sage Italian Soda



creamy spinach tortellini + pan-fried sweet potatoes

chop+warm+sauté

Chop **1 small sweet potato** into very small ½ inch cubes (or grate) and chop **1 clove garlic**. Add **1-2 T olive oil** to a skillet on your stovetop and warm gently. Add **3 C fresh spinach (or ½ frozen, thawed spinach “puck”)** to the skillet with the minced garlic, a **pinch of salt and black pepper** and sauté until tender and wilted. Scoop out the spinach into a bowl and set to the side.

pan-fry+mix

Add some more olive oil to your skillet, if needed, and fry the chopped sweet potatoes until they are cooked through, turning off the heat on your stovetop once the sweet potatoes are cooked. Meanwhile, have your kids mix together the ingredient for the tortellini filling. Add into the bowl with the cooked spinach, **1-2 T heavy cream, parmesan cheese to taste, ½ tsp salt**, a BIG pinch of your *Crispy Fried Sage* (see recipe below) and a **small pinch of pepper and nutmeg**. Add the rest of the *Crispy Fried Sage* to your cooked sweet potatoes in the skillet.

fill+wrap

Time to assemble the tortellini. Have your kids trace the edges of individual **wonton wrappers** with water and then fill each with 2 tsp of the spinach filling mixture. Fold over one corner of the wrapper to make a triangle and gently press the edges (not the middle!) to seal. Then fold over 2 opposite corners of the triangle and overlap them, pressing down again with a little water to seal. Continue until all filling is used up.

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Family Fun Recipes

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add+cook+serve

Time to cook the tortellini. Add a little more **olive oil** into your skillet with the cooked sweet potatoes and crumbled sage. Add your tortellini to the skillet and pan-fry until golden brown, about 2-3 minutes. Then CAREFULLY, add a splash of water to the skillet and gently toss the pasta and sweet potatoes together and cover with a lid to finish cooking. Serve the warm tortellini and sweet potatoes with a little fresh *Lemon Butter* on top (see recipe below) and **a sprinkle of parmesan cheese**.

crispy fried sage

warm+pluck

Add **2 T olive oil** to a cold skillet on your stovetop. Warm the oil while your kids pluck **2-4 fresh sage leaves** off their stems and then add to the skillet.

fry+cool+crumble

Fry the sage until it is crisp, only about 5-8 seconds in a hot skillet! Remove the sage from the skillet with a spatula and set to the side on a plate to cool. Once cooled, have your kids crumble the crispy sage leaves with their fingers and set aside to use in the tortellini filling and sweet potatoes.

fresh lemon butter

zest+combine

Zest the peel of one lemon until you have **2 tsp lemon zest**. Fill a glass or plastic jar half full with **a small container of heavy whipping cream, 1 tsp salt, a pinch of black pepper**, and your lemon zest.

shake+drain

Shake, shake, shake the jar for a long time - at least 5-10 minutes. When the cream stops moving in the container, you're almost there - keep shaking! When you hear a clump and a slosh, you have butter. Drain off the excess liquid (called buttermilk) from the fresh butter and set aside to serve with your tortellini.

apple sage italian soda

chop+tear+squeeze

Chop **1 apple** into pieces, tear up **2 fresh sage leaves**, and squeeze the juice from **½ a lemon**. Combine these all in your blender or a pitcher, for use with an immersion blender.

add+blend+top

Add **1 cup cold water** and **¼ C sugar or honey**. Blend until smooth, adding more water, if needed. Top with **2 C sparkling water**, stir and serve over **ice**.

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shopping list

Creamy Spinach Tortellini + Pan Fried Sweet Potatoes

- 3 C fresh spinach or ½ frozen, thawed spinach “puck
- 2-4 T olive oil
- 1 small sweet potato
- 1 clove garlic
- ½ tsp salt
- pinch black pepper
- pinch of nutmeg (optional)
- 1-2 heavy cream
- grated parmesan cheese
- 1 package wonton wrappers

Crispy Fried Sage

- 2 T olive oil
- 2-4 fresh sage leaves
- 1 tsp salt
- pinch black pepper

Fresh Lemon Butter

- 2 tsp lemon zest
- 1 tsp salt
- pinch black pepper
- small container heavy whipping cream

Apple Sage Italian Soda

- 1 apple
- 2 C sparkling water
- 2 fresh sage leaves
- juice from ½ lemon
- ¼ C sugar/honey
- 1-2 C ice

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What is Tortellini Pasta?

Italy is the land of pasta, in different shapes, sizes, even colors. But none are quite as historically significant as tortellini. Tortellini is considered THE gastronomic tradition of Bologna, the capital and largest city of the Emilia-Romagna region in Northern Italy. In fact, the town of Bologna holds a special annual Tortellini Festival every September, where the invention of tortellini is re-enacted.

The first known tortellini recipe dates back to 1570. Legend has it that the pasta shape was inspired by an Italian chef who was so enchanted by the beauty of the Greek goddess of love, Venus, that he made a pasta in the same shape as her belly button. Really! Belly button pasta! Other stories suggest that tortellini was a way to keep filling from spilling out of the pasta by wrapping it around the finger and sealing it before cooking.

Traditionally, tortellini is made with costly ingredients like parmesan cheese and proscuitto and was reserved for special occasions like holidays and weddings. Making tortellini from scratch is time-consuming and elaborate! The job has traditionally been reserved for women called *sfogline*. The word *sfogline* is derived from *sfoglia*, which means a sheet of fresh egg pasta that is carefully (and painstakingly!) rolled out by hand. *Sfoglina* would agree that the proper way to serve and eat tortellini is with a simple broth. The tortellini are the start of the show!

The Surprise Ingredient of the Week is: Sage!

- ★ **Sage is an herb that has a sweet, yet savory flavor.** It has a peppery taste and is commonly used in American Thanksgiving dishes.
- ★ **Sage grows in the form of a bush and prefers to grow in a warm climate and dry soil.** Sage flowers are favorites of bees. Sage honey has a very nice and typical aroma, but it is quite expensive.
- ★ **Sage's botanical name comes from the Latin word "salvere", meaning "to be saved".**
- ★ **In ancient Rome, sage was considered to have substantial healing properties,** particularly helpful in the digestion of fatty meats, and was deemed a part of the official list of medicines.
- ★ **A tablespoon of sage has 43% of the daily-recommended serving of vitamin K, which is good for building strong bones.** Sage is also an excellent source of fiber, vitamin A, folate, calcium, iron, magnesium, manganese, and B vitamins.
- ★ **Sage can be used externally for your hair, skin, and nails.** Used as a rinse, it is said to improve texture and tone of hair, as well as leave a nice shine. Sage steeped in water can also be used as a facial toner that controls oily skin.

Time for a laugh!

What's a dancer's favorite kind of vegetable? Spin-ach!

What kind of pasta do reptiles eat? Turtle-lini!

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