

# Greek Zucchini Dill Fritters + Tzatziki Dipping Sauce + Herb Feta Salad + Honey Yogurt Smoothies



## greek zucchini dill fritters

### grate+chop+squeeze

Have kids grate **2 C zucchini (about 2 medium)**. Chop **half a bunch of fresh dill** into small bits. Now squeeze out as much of the moisture as possible from the zucchini. You can put the vegetables in a *clean dish towel* or use clean hands and squeeze the juice out (this will ensure your fritters hold together while cooking). Have kids combine zucchini and dill in a large bowl.

### crack+mix+brown

Pre-heat your oven to 300 degrees. Crack and mix in **1 egg**, **½ tsp of salt** and **BIG pinch of dried oregano**. Add **¼ C of flour** to the bowl and stir to blend well. Finally, stir in **2 T feta cheese**. Heat some **olive oil** in your skillet over medium heat. Using about 2 T of the zucchini mixture for each fritter, roll mixture into small balls (add a little more flour if too sticky). Using a spatula, flatten each fritter a bit after placing in the skillet and cook until brown and cooked through, about 3-4 minutes per side. Sprinkle with a little salt and keep the fritters warm in the oven. Repeat with remaining zucchini mixture. Serve with the tzatziki and feta salad!

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## tzatziki dipping sauce

### grate+squeeze

Grate **1 small cucumber** and **1 small carrot**. Squeeze out all of the excess moisture from the vegetables.

### measure+mash+season

Measure out **¾ C plain Greek yogurt**, **2 T fresh lemon juice**, **2 T chopped fresh parsley**, **1 T chopped fresh dill**, **¼ T salt**, and **pinch of dried oregano** and add to a bowl with the cucumber and carrot. Mash with a whisk or spoon. Taste and season with **salt and pepper** and drizzle some **olive oil** on top!

## feta salad

### wash+dry+pinch

Have kids wash and dry **2 C fresh Italian parsley** and **2 T fresh dill**. Pick the parsley and dill leaves off the stems and pinch leaves into smaller bits, setting aside. Discard the stems.

### measure+whisk

In a large bowl, have kids whisk together **2 T fresh lemon juice**, **4 T olive oil**, **2 tsp honey**, **½ tsp salt** and **a pinch of dried oregano**.

### toss+sit+eat

Add the parsley and dill to the bowl and toss to combine. Allow the salad to sit for at least 30 minutes in the refrigerator before serving so that flavors meld together nicely. Top with **¼ C Feta Cheese** right before serving!

## honey yogurt smoothie

### peel+plop

Have your children peel **2 bananas** and plop them into your blender.

### add+blend

Have your kids measure **1 C yogurt**, **2 tsp vanilla extract**, **1 T honey**, and **2 C ice**. Blend until creamy and thick!

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## shopping list

### Greek Zucchini Dill Fritters

- 2 medium zucchini (2 C grated)
- 2 T feta cheese
- half bunch fresh dill
- 1 egg
- ¼ C flour
- big pinch dried oregano
- ½ tsp sea salt
- some olive oil

### Tzatziki Dipping Sauce

- 1 small cucumber
- 1 T fresh dill
- 1 small carrot
- ¼ T sea salt
- ¾ C plain Greek yogurt
- pinch dried oregano
- 2 T fresh lemon juice
- olive oil
- 2 T fresh parsley

### Honey Yogurt Smoothie

- 2 bananas
- 1 C yogurt
- 2 tsp vanilla extract
- 1 T honey
- 2 C ice

### Feta Salad

- 2 C fresh Italian parsley
- 2 T fresh dill
- 2 T fresh lemon juice
- 4 T extra virgin olive oil
- pinch of dried oregano
- 2 tsp honey
- ½ tsp salt
- ¼ C feta cheese

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## Greek Food History

**Finding a great meal in ancient Greece would have been very easy!** They ate a variety of delicious dishes, some of which are still around today. Most Greeks were farmers and they ate the food that they grew. Since Greece had a mild climate, they were able to grow many different fruits and vegetables as long as they got enough rain.

**Vegetables were a huge part of the Greek diet.** Most Greeks ate a diet that was almost vegetarian. Among the most common vegetables and plants eaten by Greeks were asparagus, fennel, cucumbers, chickpeas, and celery. They also gathered and boiled dandelions to eat. The bulbs of certain plants, such as iris, were also edible. They even ate stinging nettles! Fruits and nuts were also a large part of the Greek diet. Apples, pears, cherries and mulberries grew wild and were available throughout Greece. Damsons, a fruit related to plums, were also a favorite of the Greeks.

**Perhaps the most important food to the ancient (and modern) Greeks was the olive.** It was not simply a food. It was also a big part of Greek history. Greeks believed that the goddess Athena gave the first olive tree to Athens before it eventually spread to the rest of Greece. Olives were used in many recipes. Olives were also crushed and their oil was used for lamps. Olive oil could also be used as a beauty product. Women rubbed into their skin to make it soft and shiny.

**The way that Greeks ate was also important. Having a meal was not only about eating food.** It was also a chance to talk and enjoy the company of family and friends. A Greek meal was an event! This is still the case in modern-day Greece, where dinner with friends and family may last for hours!

## The Surprise Ingredient of the Week is: Zucchini!

- ★ **Zucchini, or *Cucurbita pepo*, is a member of the cucumber and melon family.**
- ★ **Inhabitants of Central and South America have been eating zucchini for several thousand years,** but the zucchini we know today is a variety of summer squash developed in Italy. Zucchini has been grown in Italy for hundreds of years, but only became popular in the U.S. in the 1950s.
- ★ **The word zucchini comes from the Italian word meaning small (baby) squash.** The word squash comes from the American Indian “skutasquash”, meaning “green thing eaten green”.
- ★ **Zucchini is a source of potassium, vitamin A, and vitamin C.**
- ★ **Today, zucchini is a favorite of home gardeners.** There have been several zucchinis weighing it at over thirteen pounds!

### Time for a laugh!

**What kind of vegetable likes to look at animals?** A zoo-chini!

**What do you call a nervous zucchini?** An edgy veggie.

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