

One-Handed Zucchini Mac 'N Cheese + Zesty Zucchini Green Goddess Salad + Zucchini Lime Muddler



one-handed zucchini mac 'n cheese

cook+drain

Cook **8 oz. dried macaroni** to al dente, about 1 minute less than the package directions and then drain and set to the side.

mince+grate

Mince **1 zucchini** into teeny-tiny pieces. Grate **5 oz. (1¼ C) cheddar cheese**.

simmer+melt+cook

Add **½ C heavy cream** to a large saucepan on your stovetop and simmer over medium-high heat until it is thick and bubbly and has reduced by half. Stir in the grated cheese and minced zucchini and cook until the cheese has melted and the zucchini is tender.

measure+taste+adjust

Measure and add **a pinch of nutmeg**, **¼ tsp of salt**, and **a pinch of black pepper**. Taste the cheese sauce and adjust -does it need more of any of the seasonings?

add+stir

Turn off the heat on your saucepan and add the cooked macaroni. Stir it all up with one hand - it's that easy!

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zesty zucchini green goddess salad

tear+mince/grate

Tear up the leaves of **1 small head of butter or romaine lettuce**, **1/8 C fresh parsley**, and **1/8 C fresh basil** and set aside. Mince or grate **1/2 zucchini**.

measure+combine

In a medium bowl, measure out **1 T fresh lime juice**, **2 T heavy cream**, **1 tsp sugar/honey**, **1 1/4 tsp salt**, and **pepper to taste**. Add the minced/grated zucchini. Pulse in a blender or food processor until smooth, adding some **water** little by little, as needed, if the dressing is too thick.

add+whisk+adjust

Add **3 T olive oil** and whisk together until smooth. Taste the dressing and adjust. Does it taste fresh and well seasoned? Add more salt, pepper, sugar, or lemon depending on what it needs!

drizzle+enjoy!

Drizzle dressing over the torn lettuce leaves and enjoy!

zucchini lime muddler

roll+slice

Roll **2 limes** under your hands before slicing them into wedges. Rolling them helps get the juices flowing and will make it easier to squeeze out the juice. Then slice the limes into wedges.

smack+combine

Smack **6 basil leaves** between your palms. This helps warm the leaves and release their aroma. Combine the **lime wedges**, **basil leaves**, and **3 T sugar** into a pitcher.

muddle+stir+garnish

Muddle the ingredients in the pitcher - which means mix or jumble them up! Use a muddler or a potato masher and get all of the fresh flavors out of the lime, basil and sugar. Add **2 C cold water** and **2 C ice**, stir, and divide between cups. Garnish each cup with a **slice of zucchini**!

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shopping list

Zucchini Mac 'N Cheese

- 8 oz. dried macaroni (about 4 C cooked)
- 1 zucchini
- 5 oz. (1¼ C shredded) cheddar cheese
- pinch of nutmeg
- ¼ tsp salt
- pinch of black pepper
- ⅓ C heavy cream

Zucchini Lime Muddler

- 2 limes
- 6 whole basil leaves
- 3 T sugar
- 6 slice of zucchini
- 2 C ice

Zesty Zucchini Green Goddess Salad

- 1 small head butter or romaine lettuce
- ½ zucchini
- ⅛ C fresh parsley
- ⅛ C fresh basil
- 1 T fresh lime juice
- 2 T heavy cream
- 1 tsp sugar
- 1 ¼ tsp salt
- black pepper, to taste
- 3 T olive oil

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The Wonderfully Fun History of Macaroni and Cheese

Pasta and cheese recipes were first found written in a book called “Liber de Coquina” or Book of Cooking, an Italian cookbook from the 13-14th century. This is one of the oldest medieval cookbooks and it includes a recipe called “de lasanis” that many culinary historians believe is the first macaroni and cheese recipe (it featured a dish of parmesan and pasta baked together).

Our 3rd American president, Thomas Jefferson, discovered macaroni and cheese for himself when he traveled in both Paris and in northern Italy in the 1700s. He drew a sketch of the pasta and wrote detailed notes on how to make it. In 1793, he sent an American ambassador all the way to Paris just to purchase a pasta machine so he could make his own macaroni. The machine was finally brought back to Jefferson after a year of waiting and GUESS WHAT?! It DIDN'T work!! Oh no! Did Jefferson give up? Nope! President Jefferson started importing both dried macaroni pasta and Parmesan cheese from Italy to serve at his dinner parties at Monticello (his home). In 1802, Jefferson served the very first macaroni and cheese that he named “a pie called macaroni” at a state dinner. It was considered to be a very EXOTIC and FANCY meal to serve. No one in the USA had ever eaten it before. About 22 years later, a recipe called “macaroni and cheese” appeared in the 1824 cookbook, The Virginia Housewife, written by Mary Randolph, who was a cousin of president Thomas Jefferson.

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 plural. The singular term is called zucchini or zucchini in Italian.
- ★ **Zucchini is a source of potassium, vitamin A, and vitamin C.** Vitamin C helps protect against the cold, flu, and viruses and helps to heal wounds.
- ★ **Today, zucchini is a favorite of home gardeners.** There have been several zucchinis weighing it at over thirteen pounds!
- ★ **Smaller zucchinis are sweeter than larger ones, which have more seeds.**

Time for a laugh!

Knock Knock! Who's there? **Pasta.** Pasta who? **Pasta the Mac and Cheese please!**

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

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