

# Spring Pea Lasagna Cups + Beautiful Béchamel + Minty Kale Pesto + Frozen Mint Lemonade



## spring pea lasagna cups with béchamel sauce

### oil+preheat+grate+tear

Generously oil a cupcake tray with **olive oil** and preheat your oven to 375 degrees. Grate **4-8 oz mozzarella cheese** and set to the side in a bowl. Tear **2 kale leaves**, trimmed, into tiny bits (*or sub ½ C fresh spinach*) and set to the side.

### sauté+pinch

Sauté the kale in a skillet on your stovetop with **1 tsp olive oil** and a pinch of salt. Remove and set to the side.

### melt+sprinkle+whisk

Melt **2 T butter** over medium heat in your skillet. Sprinkle in **2 T flour, a pinch of nutmeg,** and **½ tsp salt**. Whisk and cook until the flour turns golden, about 1 minute. Gradually whisk in **1¾ C milk** and cook, whisking constantly over medium heat, until the sauce mixture begins to bubble and thicken. Then turn off the heat.

### add+mix

Add the sautéed kale, **½ C (4 oz.) ricotta cheese**, half of your grated mozzarella, and **½ C frozen, thawed peas** into your skillet. Mix to combine well.

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## layer+bake

Begin to layer your lasagna cups on a cutting board or plate. Start with a **wonton wrapper**, followed by a spoonful of the béchamel/vegetable sauce, followed by a second wonton wrapper, then another spoonful of béchamel/vegetable sauce, and finally a little extra grated mozzarella cheese on the top. Place lasagna cups into oiled cupcake wells and bake for about 10 minutes, or until bubbly and browned on the edges. Remove from oven and top with a bit of pesto (recipe below) before enjoying!



### minty kale pesto

## chop+combine

Chop up **½ C kale (or sub spinach)**, **1 clove garlic**, and **4-8 mint leaves** and combine in a big bowl.

## squeeze+measure

Squeeze **1 tsp lemon juice** into the bowl. Measure and add **2 T frozen, thawed peas** **¼ C olive oil**, **½ tsp salt**, and **¼ C sunflower seeds**.

## blend+stir

Blend in a food processor, blender, or with an immersion blender until smooth. Stir in **¼ C grated parmesan cheese**. Taste and adjust flavor, adding salt if needed. Serve atop lasagna cups or use as a dip for lasagna cups!



### icy minty lemonade

## squeeze+mix

Squeeze the juice of **2 lemons** into a blender or pitcher, for use with an immersion blender. Mix in **4 mint leaves**, **½ C honey/sugar or 8-10 packs Stevia**, **2 C water**, and **2 C ice**.

## blend+enjoy!

Blend until thick, taste and adjust. Enjoy with your lasagna cups!

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# shopping list

## Spring Pea Lasagna Cups

- 2 leaves kale, trimmed (or sub  $\frac{1}{2}$  C fresh spinach)
- $\frac{1}{2}$  C frozen, thawed peas
- olive oil
- 4-8 oz mozzarella cheese
- $\frac{1}{2}$  C (4 oz) ricotta cheese (or sub cottage cheese)
- 24 (or more) wonton wrappers
- $1\frac{3}{4}$  C milk
- 2 T butter
- 2 T flour
- $\frac{1}{8}$  tsp salt
- pinch of nutmeg

## Minty Kale Pesto

- $\frac{1}{4}$  C sunflower seeds
- 2 T frozen, thawed peas
- $\frac{1}{2}$  C fresh kale (or sub spinach)
- 4-8 mint leaves
- $\frac{1}{4}$  C grated parmesan cheese
- $\frac{1}{4}$  C olive oil
- 1 clove garlic
- 1 tsp lemon juice
- $\frac{1}{2}$  - 1 tsp salt

## Pineapple Orange Spritzers

- 2 lemons
- 4 mint leaves
- $\frac{1}{2}$  C sugar/honey or 8-10 packs Stevia
- 2 C ice

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## What is Lasagna?

**Lasagna is both a type of noodle and a dish made with that noodle; lasagna noodles are known as “lasagne”.** Lasagna are long, flat, broad noodles which are ideally suited to layering in a baking dish to make a sort of noodle pie with an assortment of ingredients with may include meats, cheeses, vegetables, and a sauce.

**The history of the name of these noodles is actually quite interesting.** “Lasagna” is derived from the Greek *lasanon*, which means ‘chamber pot’. Really! The Romans borrowed the word to refer to cooking pots of a similar shape, and eventually the word came to be used to refer to the noodles which were traditionally layered in a *lasanum*, a Roman lasagna dish. Many people are unaware of the humble origins of the name of this popular Italian food!

## The Surprise Ingredient Of The Week Is: Peas!

- ★ **Just one serving of freshly frozen garden peas contains as much vitamin C as two large apples,** more fiber than a slice of whole grain bread, and ore thaimine than a pint of whole milk. With or without pods, peas are among the best vegetable sources of dietary fiber.
- ★ **Most vegetables are quite low in protein, but peas have good supplies of protein.** They also provide iron and zinc.
- ★ **Peas are thought to have originated in Middle Asia and the central plateau of Ethiopia.** The oldest pea ever found was nearly 3,000 years old and discovered on the border of Burma and Thailand.
- ★ **The UK has a pea eating etiquette.** Much of the popular spear or shovel them, but the proper way to eat them is to squash them on the back of the fork. The world record for eating peas is held by Janet Harris of Sussex, England, who ate 7,175 peas one by one in 60 minutes using chopsticks!
- ★ **Thick London fogs of the 19th and 20th centuries were dubbed ‘pea-soupers’** because of their density and green tinge.
- ★ **The first peas were commercially frozen by Clarence Birdseye** who invented the plate froster to preserve foods in the 1920s.

Time for a laugh!

What do you call an angry pea? Grump-pea

What do polite vegetables always say? Peas to meet you!

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