

# Vietnamese Glass Noodle Salad + Quick Rainbow Radish Pickles + Hibiscus Ginger Party Punch



## vietnamese glass noodle salad + quick radish pickles

### submerge+soak+drain

Have kids carefully submerge **4 oz. dried vermicelli glass/cellophane noodles** in warm water in a bowl and let them soak for 5-15 minutes until soft. Drain, rinse with cold water, and set the noodles to the side.

### cut+juice+whisk

Time to make the dressing! Peel and cut **1 clove garlic** and **1" slice of ginger** into large chunks (we will discard them before eating) and set aside in a large bowl. Juice a lime and add **1½ T lime juice** to the same bowl along with **1½ T soy sauce/tamari**, **1½ T rice/white wine vinegar**, **1 T vegetable oil**, **¼ tsp salt** and **2 tsp sugar/honey/agave**. Whisk together and then taste and adjust.

### peel+prep

Peel the skin of **1 mango** and cut off the "meat" of the fruit for the salad. Discard the mango skin and the seed/pit. Have kids grate, slice, or chop the mango, **1 carrot**, **1 cucumber**, and **4 red radishes** into small, thin bits.

### squeeze+marinate

Place the fruit and vegetables into a clean towel or paper towel and have kids squeeze out the extra liquid. Then place squeezed fruits and veggies into the bowl with the dressing and set the vegetables aside to marinate for at least 10 and up to 40 minutes.

*::continued::*

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## tear+assemble+sprinkle

Have kids tear up **¼ C fresh herbs: mint/parsley/basil/or cilantro**. Discard the garlic and ginger chunks from the rainbow pickles and then assemble the rainbow noodles salad. Add the soft glass noodles to the dressing, top with the fresh herbs and rainbow pickles and toss well. Top with **2 T pine nuts or sesame/sunflower/or pumpkin seeds** before serving, if desired!



## hibiscus ginger party punch

### boil+infuse

Carefully boil **4 cups water**. Have kids peel **1 inch fresh ginger** and combine peeled ginger, **1-2 hibiscus tea bags, ½ C sugar/honey (or 2 packs of stevia)** in a pitcher. Have an adult slowly pour the boiling water into the pitcher and let the mixture infuse for at least 5-10 minutes.

### strain+serve

Strain or fish out the tea bags and the ginger chunks. Serve in cups poured over **ice** and ENJOY!

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## shopping list

### Vietnamese Glass Noodle Salad + Quick Rainbow Pickles

- |  |  |
|--|--|
| <input type="checkbox"/> 1 ½ T soy sauce/tamari                                      | <input type="checkbox"/> 1 clove garlic                            |
| <input type="checkbox"/> 1 ½ T rice/white wine vinegar                               | <input type="checkbox"/> 1 lime                                    |
| <input type="checkbox"/> 2 tsp sugar/honey/agave nectar                              | <input type="checkbox"/> 1 mango, unripe is best                   |
| <input type="checkbox"/> 1 T vegetable oil   | <input type="checkbox"/> 4 red radishes                            |
| <input type="checkbox"/> ¼ tsp salt  | <input type="checkbox"/> 1 carrot                                  |
| <input type="checkbox"/> 4 oz. rice vermicelli glass/<br>cellophane noodles          | <input type="checkbox"/> 1 cucumber                                |
| <input type="checkbox"/> 2 T pine nuts, sesame/sunflower/<br>pumpkin seeds, optional | <input type="checkbox"/> 1" slice of ginger root                   |
|  | <input type="checkbox"/> ¼ C fresh mint/parsley/basil/<br>cilantro |

### Hibiscus Ginger Party Punch

- 1-2 hibiscus tea bags
- ½ C sugar/honey (or 2 packs stevia)
- 1" slice of ginger root
- ice

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## The History of Glass Noodles!

**Glass noodles are Asian noodles made by combining water with a starch, such as potato starch or mung bean starch, to create a dough** which can be rolled out and cut or forced through an extruder. Classically, the noodles are very thin, although it is possible to find fat noodles in some parts of Asia. These noodles are used in a variety of ways in many Asian nations, including China, Japan, Korea, and Thailand, and are very popular in areas with big Asian populations, such as Hawaii.

**Glass noodles are also known as cellophane noodles, bean thread noodles, or Chinese vermicelli.** The “glass” is a reference to the fact that the noodles turn transparent when cooked. Glass noodles appear in the fillings for dumplings, spring rolls, and other stuffed dishes, and they are also used in stir fries, soups, and salads.

**Producers of glass noodles typically coil the long noodles up into nests for drying, so that the noodles will compact easily for packaging and shipping.** Cooks then use these noodles by soaking the nest in cool to warm water until the noodles start to soften and pull apart. The noodles cook quickly, so they are usually added at the end to things like stir fries and soups, so they will not fall apart.

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

- ★ **Radishes are edible root vegetables.** They are members of the Brassicaceae family, and its cousins are broccoli, cabbage, cauliflower, and turnip.
- ★ **The origins of radishes are in China,** where they were first cultivated thousands of years ago.
- ★ **The scientific name for the genus that includes radishes is Raphanus,** Greek for “quickly appearing”.
- ★ **Radishes are a good source of vitamin C and contain other nutrients such as magnesium, vitamin B6, folic acid, potassium and calcium.**
- ★ **The strong, slightly pungent flavor of radishes is caused by allyl isothiocyanates,** oils that are also present in mustard, horseradish, and wasabi.
- ★ **Daikon radishes are from Asia and are white with a more mild flavor than the small red radish.** They can grow up to 3 feet long and weigh up to 100 pounds, although they are typically harvested at about 1-5 lbs.
- ★ **In Mexico, the annual Noche de Rabanos (Night of the Radishes) festival takes place 24 hours prior to Christmas Eve.** Mexican sculptors create Nativity scenes using very large radishes!

Time for a laugh!

What's the coolest vegetable in the garden? A RADish

Why are radishes smart? Because they're so well-red

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