

# kid's pantry pad thai + sparkling ginger limeade



## kid's pantry pad thai

### soak+drain

PRE-STEPS: **10 oz of dried rice noodles** just need to be soaked in very hot water for 5 minutes or so—to soften up.... Soak noodles according to package instructions. Have your kids help you drain the rice noodles. Set the noodles to the side.

### chop+juice+grate

Have kids chop-up **2 stalks of green onions** and **1 garlic clove** into tiny, tiny bits. Slice and juice **3 limes** and reserve 3 T of the lime juice to the side. Have kids grate **2 large carrots** and slice **1 zucchini** too! Set all of the veggies to the side.

#### While grating, chopping, juicing and slicing—count to 10 in Thai:

- |          |         |        |          |         |
|----------|---------|--------|----------|---------|
| 1. suun  | 3. saam | 5. haa | 7. jet   | 9. gaao |
| 2. soong | 4. sii  | 6. hok | 8. bpeet | 10. sip |

*continued*

Family Fun Recipes

Sticky Fingers Cooking  
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

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## measure+whisk

In a small bowl, have kids measure and whisk together **3 tablespoons brown sugar**, **3 tablespoons of the reserved fresh lime juice**, **4 tablespoons soy sauce** and **½ tablespoon ketchup** in a small bowl. Whisk! Whisk! Whisk! This is the sauce!

## crack+beat

Have kids crack **2 eggs** into a bowl and beat together until totally scrambled (or sub ½ C soft silken tofu, scrambled) and set to the side.

## time to cook—up some fun!

ADULT STEPS: In a large nonstick skillet, heat **3 T of vegetable oil** over medium-high heat. Add the **chopped green onions and garlic** and cook, stirring constantly, until fragrant (about 30 seconds). Add **eggs** (or tofu) and cook, scraping skillet with spatula until eggs are almost set (about 30 seconds). Transfer the egg (tofu) mixture to a plate. Add **rice noodles, carrots, zucchini** and **sauce** to skillet. Cook, tossing constantly, until noodles are soft (about 1 minute). Add egg mixture and toss to coat, breaking eggs (tofu) up gently.

## snip+slice+set

While the Pad Thai is cooking, have kids tear up **½ C of fresh cilantro** or snip with scissors... and set in a bowl. Have kids slice up **2 limes** and add to a small bowl. Add **¼ C of sunflower seeds** (or your favorite nuts or seeds) into a small bowl.... Have kids set the table with the bowls, forks, chopsticks and the little bowls of cilantro, limes and seeds. Serve the warm Pad Thai noodles into bowls—and add extra lime, seeds and top with cilantro to taste. *Eat it all up and say “aroy dee” in Thai (yummy) while giving everyone a thumbs-up!*

## sparkling ginger limeade

### chop+squeeze+grate

Have kids chop and squeeze **3 limes** into a bowl or pitcher... Grate in **1 T of fresh ginger** directly into the pitcher.

### pour+mix+serve

Pour in **4 C of ginger ale**, **2 C of ice**, **5 packets of stevia** (OR ¼ cup brown sugar, agave or coconut sugar) and **1 C of water** into the pitcher... Mix well and serve in glasses over plenty of ice!

#### CARB COUNTS:

**½ C Pad Thai:** 22 carbs

**4 oz Limeade:** 6 carbs with Stevia – 13 carbs with sugar, agave, etc...

*continued*



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## shopping list

### Kids Pantry Pad Thai

- |   |  |
|---|--|
| <input type="checkbox"/> 4 T soy sauce  | <input type="checkbox"/> 3 T vegetable oil |
| <input type="checkbox"/> 10 oz dried rice noodles                             | <input type="checkbox"/> 1 garlic clove    |
| <input type="checkbox"/> 2 stalks green onions                                | <input type="checkbox"/> 3 T brown sugar   |
| <input type="checkbox"/> 2 large carrots                                      | <input type="checkbox"/> ½ T ketchup       |
| <input type="checkbox"/> 2 large eggs, room temperature                       | <input type="checkbox"/> 3 limes           |
| <input type="checkbox"/> fresh cilantro                                       | <input type="checkbox"/> 1 zucchini        |
| <input type="checkbox"/> ⅛ C sunflower seeds (or your favorite nuts or seeds) |  |

### Sparkling Ginger Limeade

- |  |   |
|--|---|
| <input type="checkbox"/> 3 limes           | <input type="checkbox"/> 5 packets of stevia (or ¼ cup brown sugar, agave or coconut sugar) |
| <input type="checkbox"/> fresh ginger root |   |
| <input type="checkbox"/> 2 C crushed ice   |   |
| <input type="checkbox"/> 4 C ginger ale    |   |

## fun food facts:

### Ginger!

- ★ **Ginger is native to Asia** and is the rhizome (root) of the plant.
- ★ **It has lots of nutritional benefits** and is used medicinally to aid digestion, and reduce inflammation.
- ★ **Ginger provides a unique and sharp flavor** to many dishes and is used in sweet and savory recipes.

"I've got a crocodile named Ginger!" "Does Ginger bite?" "No, but Ginger snaps"

*continued*

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## fun food facts:

### History of Pad Thai

Pad is a Thai word for stir-fry, and since stir-fry dishes with rice noodles are very common in Thai cuisine, this is how the name originated. Pad Thai is simply a Thai stir-fry dish with rice noodles. Pad Thai has its origins from Vietnam and China.

Pad Thai is very popular as a street food, available all over many cities from street food vendors. There are as many ways to cook Pad Thai as there are geographical locations as well as creativity of the chefs. Despite all those varieties, the basic conventional Pad Thai recipe are the ideal blend of sweet, salty and sour, which is also the major essence of Thai cuisine.

Pad Thai is a specialty dish in Thailand. Interestingly, many restaurants in Thailand choose not to compete with the street-food vendors, who make and serve only Pad Thai all day long—and thus have perfected the recipe!

## fun food facts:

### Limes!

- ★ **Citrus fruits include limes, lemons, oranges, grapefruit, etc.** They are all berries (fleshy fruit formed from a single flower) and are known as Hesperidiums. A Hesperidium is a berry with a tough, aromatic rind.
- ★ **Limes (*Citrus aurantifolia*) are the fruit of** tropical citrus tree closely related to lemons.
- ★ **This evergreen tree is** in the Rue family, Rutaceae, which also includes citrus fruits such as oranges, lemons and kumquats.
- ★ **Limes are native to Southeast Asia**, and probably originated in Indonesia or Malaysia.
- ★ **Limes are ripe and give more juice when** they are yellow in color NOT dark green.
- ★ **India grows the most** limes in the world
- ★ **Lime juice is very beneficial for your** skin, hair, digestion and eyes when eaten due to presence of a large amount of vitamin-C and Flavonoids
- ★ **Limes increase in weight** after they are picked
- ★ **Limes have very little natural sugar**—whole lime only has 1 gram of sugar in it. A whole orange has 12 grams of sugar
- ★ **Limes, like all citrus fruits, are loaded with vitamin C.** The fruit was incredibly important to sailors. British sailors took limes with them on long voyages to prevent a vitamin C deficiency from occurring. In fact, British sailors were called “limeys” because of the number of limes they would eat.

**What do you get when you cross a brontosaurus with a lime?** A dino-sour!

**What do citrus fruits like to eat?** Lime-a-beans

**Knock Knock! Who's there? Lime! Lime who? Sing: “Lime been working on the railroad....all the live-long day!”**

