



10-Minute Sweet Pea Risotto + Sweet Pea Zucchini Slaw + Summer Thyme Limeade

By Erin Fletter

Prep Time 20 / **Cook Time** 10 / **Serves** 4 - 6

Shopping List

☐ FRESH OR FROZEN

☐ 2 green onions

☐ 2 garlic cloves

☐ 1 1/2 C fresh or frozen peas

☐ 4 to 6 limes

☐ 1 to 2 fresh zucchini

☐ 1 sprig fresh thyme

☐ DAIRY

☐ 3 T butter ****(see allergy subs below)****

☐ 1/2 C grated Parmesan cheese ****(see allergy subs below)****

☐ PANTRY

☐ 1/4 C olive oil

☐ 2 C uncooked instant brown or white rice

☐ 1 14-oz can vegetable broth OR 1 3/4 C water + 1 vegetable bouillon cube ******

☐ 1 3/4 tsp salt

☐ 1/8 tsp ground black pepper, if needed

☐ 1 tsp cornstarch

☐ 3/4 to 1 1/4 C granulated sugar, brown sugar, or honey (or 11 stevia packets)

☐ HAVE ON HAND

☐ 3 1/2 C cold water

☐ ice

Fun-Da-Mentals Kitchen Skills

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

melt: to heat a solid food so it becomes liquid, like butter or chocolate.

mince: to chop into teeny tiny pieces.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

chop: to cut something into small, rough pieces using a blade.

dice: to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

strain: to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

Equipment

☐ Skillet

☐ Cutting board

- ☐ Kid-safe knife
- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Can opener
- ☐ Wooden spoon
- ☐ Citrus squeezer (optional)
- ☐ Medium bowl
- ☐ Small bowl
- ☐ Grater
- ☐ Whisk
- ☐ Blender (or large bowl + immersion blender)
- ☐ Strainer
- ☐ Pitcher

Ingredients

10-Minute Sweet Pea Risotto

- ☐ 3 T butter ******(for DAIRY ALLERGY sub 3 T dairy-free/nut-free butter, like Earth Balance)******
- ☐ 2 T olive oil
- ☐ 2 green onions
- ☐ 2 garlic cloves
- ☐ 2 C uncooked instant brown or white rice
- ☐ 1 14-oz can vegetable broth OR 1 3/4 C water + 1 vegetable bouillon cube ******
- ☐ 1/2 C water
- ☐ 1 tsp cornstarch
- ☐ 1 C fresh or frozen peas
- ☐ 1/2 C grated Parmesan cheese, divided ******(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free grated Parmesan)******

- ☐ 1/8 tsp salt, if needed
- ☐ 1/8 tsp ground black pepper, if needed
- ☐ 1/2 lime

Sweet Pea Zucchini Slaw

- ☐ 1 to 2 fresh zucchini
- ☐ 1/2 C fresh or frozen and thawed peas
- ☐ Dressing:
 - ☐ 2 T olive oil
 - ☐ 1 lime, juiced
 - ☐ 2 T granulated sugar, brown sugar, or honey (or 3 stevia packets)
 - ☐ 1/2 T salt
 - ☐ 1 pinch fresh thyme leaves

Summer Thyme Limeade

- ☐ 2 to 4 limes
- ☐ 1/2 to 1 C granulated sugar, brown sugar, honey, or 8 stevia packets
- ☐ 3 C cold water, divided
- ☐ fresh thyme leaves
- ☐ ice

Food Allergen Substitutions

10-Minute Sweet Pea Risotto

Dairy: For 3 T butter, substitute 3 T dairy-free/nut-free butter, like Earth Balance. For 1/2 C grated Parmesan cheese, substitute 1/2 C dairy-free/nut-free grated Parmesan cheese.

Gluten/Wheat/Soy: Check bouillon label for possible allergens and omit if necessary.

Sweet Pea Zucchini Slaw

Summer Thyme Limeade

Instructions

10-Minute Sweet Pea Risotto

intro

Let's start this fun and very delicious recipe by learning how to properly say Risotto: (Reez-OH-toe)! You may want to point to your toe each time so you remember how to say it like they do in Italy, the home country of risotto!

mince

Have kids mince **2 green onions** and **2 garlic cloves** into little bits. The smaller the better!

melt + sauté

Adults melt **3 tablespoons butter with 2 tablespoons olive oil** in your skillet on medium heat. Add the minced green onions and garlic and sauté for about 2 to 3 minutes or until the vegetables soften up. Don't let them brown!

toss + stir

Turn off the burner and carefully toss **2 cups of uncooked instant brown or white rice** into the skillet. Stir until the rice is coated with the melted butter, oil, garlic, and onions. Now, kids can carefully add **1 can vegetable broth, 1 teaspoon cornstarch, 1/2 cup water**, and **1 cup peas** to the rice.

boil + sprinkle

Time to turn the skillet back on to medium heat. Bring the rice to a boil and simmer for 5 minutes over low heat until the rice is tender. Mix in **1/4 cup of grated Parmesan cheese**. Add **1/8 teaspoon salt** and **1/8 teaspoon black pepper** if needed.

juice + stir + sprinkle

Squeeze the juice from **1/2 lime** into the risotto, giving it one last, big stir. Serve up by sprinkling the risotto with the remaining **1/4 cup of Parmesan cheese** just before serving. "Mangia bene" (MAHN-jia BEN-eh) or "Eat well" in Italian!

Sweet Pea Zucchini Slaw

chop + dice + grate

The idea here is to have small bits of **1 to 2 fresh raw zucchini** in a very tasty salad! Have kids choose the best way they think they can get the smallest bits into a medium bowl. Will the kids decide to chop, dice, or grate the zucchini into little bits?

measure + add

Have kids measure **1/2 cup of peas** and add them to the zucchini.

slice + squeeze

Slice **1 lime** in half and squeeze out all the juice into a small bowl.

scrumptious science

Making salad dressing can be a little tricky. The density of oil and all the other ingredients is so different that they won't stay combined. You will notice that oil-based dressing separates into its original ingredients. To fix this issue, you will create an emulsion or combination of two ingredients that don't naturally stay combined. There are three kinds of emulsions: temporary (salad dressing), semi-permanent (e.g., Hollandaise sauce), and permanent (e.g., mayonnaise). By whisking the ingredients, you can create the most temporary form of an emulsion. The whisk incorporates friction (the force created when two things rub together), forcing the oil and vinegar or lemon or lime juice to combine for enough time to drizzle over your salad.

measure + whisk + toss

Have kids measure **2 tablespoons olive oil, 2 tablespoons honey, 1/2 tablespoon salt**, and **1 pinch of fresh thyme leaves** into the small bowl of lime juice. Whisk the dressing ingredients together for 20 seconds and pour over the vegetable slaw. Toss together and pop it into the refrigerator until you are ready to eat!

Summer Thyme Limeade

wash + cut + add

Have kids wash **2 to 4 fresh limes**. Then ask kids to cut the limes into quarters (or even smaller) and throw them into your blender, peels and all. Add **1/2 to 3/4 cup sugar** and **2 cup cold water**.

blend + strain

Have kids blend everything until it is super smooth, then strain into a serving pitcher and stir in the remaining **1 cup of cold water** and set to the side. Right before serving, add lots of **ice**, more **sugar** if needed, and a few **fresh thyme leaves**. Enjoy!

Featured Ingredient: Peas!

Hi! I'm Peas!

"Hi, there! Let's see if you can guess what we are. We grow in shells; you might see us frozen in winter, fresh in spring, and canned all year round; and sometimes we're "split" and cooked in soup! You guessed it! We're Peas! We're good in salads, soups, casseroles, mixed with corn and other vegetables, and all by ourselves! We can be tricky to eat, but if we slide off your fork, you can spear us or use your knife to push us back on. Or, you might even try eating us with chopsticks!"

History

Peas in the wild are found in the Mediterranean Basin, the Middle East, and Central Asia. Archaeological evidence dates peas in Iraq and Turkey to 7,500 BCE. Domesticated peas were developed from wild peas starting in the late Neolithic Era (around 5,000 BCE). Peas are one of the oldest crops to be cultivated. The oldest pea ever found was 3,000 years old and was discovered on the border of Burma and Thailand. During the Middle Ages, peas were a large part of people's diets in the Middle East, North Africa, and Europe.

In the 17th and 18th centuries, peas started being picked when they were green and immature. In England, new cultivars or varieties of peas were developed that they called "garden" or "English" peas. Thomas Jefferson grew more than 30 pea cultivars at his Monticello estate in Virginia.

Clarence Birdseye, known by many as the founder of the modern frozen food industry, was the first individual to freeze peas.

The world record for the most peas eaten in an hour is 7,175 peas, held by Janet Harris of Sussex, England, in 1984. She ate one pea at a time with chopsticks!!

Anatomy & Etymology

Peas are members of the Fabaceae or Leguminosae family, commonly known as legumes, including peanuts, chickpeas, licorice, alfalfa, beans, carob, and soybeans.

Peas are edible, usually green, round seeds that grow in a pod. The pea pods are technically a fruit because they have seeds and grow from a flower, but peas are eaten as a vegetable.

Pea plants are annual plants, living for about one year. At the end of their life cycle, they can be cut back to the root, which decomposes, releasing nitrogen into the soil for the next crop of plants.

The singular term "pea" was back-formed in the mid 17th century by removing the "se" from the word "pease," which was mistakenly construed as a plural form. "Pease" came from the Old English "pise," from the Latin "pisum," from the Greek "pison."

How to Pick, Buy, & Eat

You can pick garden peas about three weeks after flowering. The pods of shelling peas or garden peas are inedible and will swell with the growth of the peas, becoming cylindrical before harvesting.

Snow peas and sugar snap peas are edible pods ready to harvest about a week after flowering. The pods can be picked when they're about two to three inches long before they begin to swell and just as the seeds or peas begin to develop.

For the best taste, you'll want to eat the peas as soon after harvesting as possible. Fresh peas will last in your refrigerator for up to one week. The more peas you pick, the more the plant will produce.

Frozen peas are almost as tasty as fresh ones because the growers freeze them within two and a half hours of being picked. Plus, they quickly thaw when added to hot foods.

You can cook and serve peas alone as a vegetable, with added butter and salt. You can also add them to

various dishes, such as salads, soups, casseroles, and savory pies. Snow peas and snap peas are often used in stir-fries and Chinese cuisine. Peas can even be mashed and made into a sauce, a spread, or guacamole!

Nutrition

Peas are loaded with nutrients, including fiber, protein, vitamin C, thiamine, vitamin K, niacin, folate, potassium, and beta carotene. These nutrients improve the body's digestive and immune systems, convert the carbohydrates we eat into energy, metabolize fats and protein, protect skin and eyes, and help prevent bleeding.