



Peas Pass the Mac 'n Cheese Cobbler Cup + Sparkling Apple Soda for One

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Prep Time 20 / Cook Time 9 / Serves 1 - 1

Shopping List

☐ FRESH AND FROZEN

☐ 1/4 cup frozen peas ****(see allergy subs below)****

☐ 10 fresh chives (for 1 T chopped)

☐ 1 lemon

☐ DAIRY

☐ 2 T shredded cheddar cheese ****(see allergy subs below)****

☐ 1 T whipped cream cheese ****(see allergy subs below)****

☐ 2 T heavy whipping cream ****(see allergy subs below)****

☐ 1/2 T butter ****(see allergy subs below)****

☐ PANTRY

☐ 1 C cooked elbow macaroni ****(see allergy subs below)****

☐ 1 tiny squeeze dijon mustard OR tiny pinch mustard powder

☐ 1 pinch ground black pepper

☐ 2 T whole wheat or unbleached all-purpose flour ****(see allergy subs below)****

☐ 1/8 tsp baking powder

☐ 1 pinch salt

☐ 1 C apple juice

- ☐ 1 can sparkling water
- ☐ HAVE ON HAND
- ☐ 1 C water
- ☐ 3 ice cubes

Fun-Da-Mentals Kitchen Skills

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

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!

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

combine: to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

snip: to use scissors to cut something with quick, sharp strokes.

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

Equipment

- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Potheadler
- ☐ Paper towels
- ☐ Small mixing bowl
- ☐ Clean kid-safe scissors

- ☐ Metal spoon
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Fork
- ☐ Whisk
- ☐ Soap for cleaning hands
- ☐ Cutting board
- ☐ Kid-safe knife (a butter knife works great)
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Citrus squeezer (optional)
- ☐ Drinking glass

Ingredients

Peas Pass the Mac 'n Cheese Cobbler Cup

- ☐ Mac 'n cheese:
- ☐ 1 C uncooked elbow macaroni ****(for GLUTEN ALLERGY sub gluten-free/nut-free pasta)****
- ☐ 1 C water
- ☐ 2 T shredded cheddar cheese ****(for DAIRY ALLERGY sub dairy-free/nut-free cheddar cheese shreds, like Daiya brand)****
- ☐ 1 T whipped cream cheese ****(for DAIRY ALLERGY sub dairy-free/nut-free cream cheese)****
- ☐ 1 T heavy whipping cream ****(for DAIRY ALLERGY sub dairy-free/nut-free heavy cream OR puréed silken tofu)****
- ☐ 1 tiny squeeze dijon mustard OR tiny pinch mustard powder
- ☐ 1 pinch ground black pepper
- ☐ 1/4 C frozen peas ****(for LEGUME ALLERGY sub frozen corn)****
- ☐ Cobbler:
- ☐ 2 T all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- ☐ 1/8 tsp baking powder

☐ 1 pinch salt

☐ 1/2 T cold butter ******(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance, or a nut-free oil, like olive or vegetable oil)******

☐ 1 T heavy whipping cream ******(for DAIRY ALLERGY sub dairy-free/nut-free heavy cream OR puréed silken tofu)******

☐ 10 fresh chives (for 1 T chopped)

Sparkling Apple Soda for One

☐ 1 C apple juice

☐ 1 can sparkling water

☐ 1 lemon

☐ 1/2 tsp sugar + more to taste

☐ 3 ice cubes

Food Allergen Substitutions

Peas Pass the Mac 'n Cheese Cobbler Cup

Gluten: Substitute gluten-free/nut-free pasta for elbow macaroni. Substitute gluten-free/nut-free all-purpose flour.

Legume: Substitute frozen corn for frozen peas.

Dairy: Substitute dairy-free/nut-free cheddar cheese shreds, like Daiya brand. Substitute dairy-free/nut-free cream cheese. Substitute dairy-free/nut-free heavy cream OR puréed silken tofu. Substitute dairy-free/nut-free butter, like Earth Balance, or a nut-free oil, like olive or vegetable oil.

Sparkling Apple Soda for One

Instructions

Peas Pass the Mac 'n Cheese Cobbler Cup

measure + cover + microwave

Measure and add **1 cup elbow macaroni** and **1 cup water** to a microwave-safe mug. Cover with a damp paper towel. Microwave on high for 5 minutes. Carefully remove the mug using a potholder.

measure + combine

In a small mixing bowl, combine **2 tablespoons shredded cheddar cheese, 1 tablespoon whipped**

cream cheese, 1 tablespoon heavy cream, 1 tiny squeeze of dijon mustard OR 1 pinch of mustard powder, and **1 pinch of black pepper.**

mix + coat + microwave

Add **1/4 cup of frozen peas** and the cooked macaroni to the bowl and mix to coat with the creamy cheese mixture. Then, scoop the cheesy mixture into your mug and cover it with a damp paper towel. Microwave on high for 2 minutes. While the mac 'n cheese is cooking, mix up the cobbler dough.

measure + whisk + cut in

In the same mixing bowl, whisk together **2 tablespoons flour, 1/8 teaspoon baking powder,** and **1 pinch of salt.** Chop **1/2 tablespoon of cold butter** into small pieces and add them to the flour mixture. Pinch the butter into the flour with your (clean!) fingers. There should be small bits of butter in the flour. You may need to wash your hands again.

pour + snip + mix

Pour **1 tablespoon of cream** into the flour mixture, then snip or chop about **10 chives** and sprinkle **1 tablespoon chives** into the flour mixture. Mix well!

form + flatten

Using your hands, form the dough into two pieces for biscuits. Flatten the pieces with your hands. The biscuits will be less than 1/4-in thick and the same diameter as the mug!

top + shape

Place one piece of dough on top of your cheesy macaroni. Form tiny shapes with the second piece (examples: a feather for a hat or features for a face) and stick them into the first dough piece. Note: You'll likely end up with a bit more dough than you'll need, even after adding decorative elements.

hand wash break

Take a quick break to wash and dry your hands!

cover + microwave

Cover the mug with a damp paper towel and microwave on high for 2 minutes. Carefully remove the mug using a potholder. Let the mac 'n cheese cobbler cool before tasting! It will be very, very hot!

Sparkling Apple Soda for One

add + zest + squeeze

Add **3 ice cubes** to your drinking glass. Wash and zest **1 lemon.** Slice the lemon in half and squeeze the juice into your glass. Add the lemon zest!

measure + pour + top + stir

Measure and pour in **1 cup of apple juice**. Top with sparkling water and **1/2 teaspoon of sugar**, then stir and taste. Add more sugar as needed. Cheers!

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.