



Farm-Fresh Fideuà Fantástica (Spanish Noodle Paella)

By Erin Fletter

Prep Time 20 / **Cook Time** 30 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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

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

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

simmer: to cook a food gently, usually in a liquid, until softened.

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

Equipment

- ☐ Skillet + matching lid
- ☐ Large resealable plastic bag
- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Can opener
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Wooden spoon

Ingredients

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- ☐ 1 12-oz package thin spaghetti noodles ****(for GLUTEN ALLERGY sub gluten-free/nut-free noodles)****
- ☐ 4 T extra virgin olive oil (or vegetable oil)
- ☐ 2 garlic cloves
- ☐ 2 to 3 green onions
- ☐ 1 red bell pepper
- ☐ 1 green bell pepper
- ☐ 1 8-oz package (or 1 C) frozen peas
- ☐ 1 big pinch salt
- ☐ 1 pinch ground black pepper
- ☐ 1/2 T sweet paprika
- ☐ 1 28-oz can diced tomatoes, drained
- ☐ 2 C vegetable broth
- ☐ 1/2 C to 1 C chickpeas (garbanzo beans), from 1 15-oz can ****(for LEGUME ALLERGY sub 1 small zucchini chopped into small bits)****
- ☐ 1 lemon, sliced

Food Allergen Substitutions

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Gluten/Wheat: Substitute gluten-free/nut-free spaghetti noodles.

Legume: For 1/2 to 1 C chickpeas (garbanzo beans), substitute 1 small zucchini chopped into small bits.

Instructions

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break up + toast

Place **1 package of thin spaghetti noodles** into a large resealable plastic bag, seal, and have your kids break them into little bits. Then, in a skillet on your stovetop, add **4 tablespoons of olive oil** and the broken noodles and toast until they are a deep golden brown. Watch the noodles carefully; you don't want them to burn!

scrumptious science

Toasting relies on the Maillard reaction, where amino acids and sugars in the food react at high temperatures to produce browning, flavor, and texture changes. Toasting is a type of dry heat cooking. For example, when toasting bread, the heat from the toaster causes the bread's surface to brown and become crispy due to this reaction.

chop + sauté

Have your kids chop **2 garlic cloves**, **2 to 3 green onions**, **1 red bell pepper**, and **1 green bell pepper**. Add all of the chopped veggies, along with **1 cup of frozen peas** and **1 big pinch of salt** (to help get the moisture out) to the noodles. Sauté until the veggies are soft.

bite sized movement break

Smell Test: Pass around one or more of the ingredients for the lesson and have each child close their eyes, smell the food, and tell everyone what it made them think of. The sense of smell is linked to the part of your brain that creates memories, so this activity can help kids make lasting memories of the experience of cooking the recipe.

combine + simmer

Add **1 pinch of black pepper** and **1/2 tablespoon sweet paprika** and cook for 30 seconds. Then add **1 can diced tomatoes** (drained), **2 cups of vegetable broth**, and **1/2 to 1 cup of garbanzo beans**. Let simmer until noodles are tender. Do not stir. Cook for up to 15 minutes or until the pasta is “al dente.”

cover + rest

Turn the heat off the fideuà, cover with a lid, and let it “rest” for 5 minutes. Uncover and serve with lemon slices!

Featured Ingredient: Bell Peppers!

Hi! I'm Bell Pepper!

"Do you like your pizza with green pepper on top? If you do, then you'll like me! I'm a bell pepper, and we come in different colors, like green, yellow, orange, and red. Plus, some of us are a bit sweeter than others. We bell peppers have colorful, glossy skin, and when you bite into one, it will taste fresh and crunchy. We're also very versatile and add distinctive flavor and texture to many dishes!"

History

Bell peppers may be called sweet peppers or capsicum in other countries. They are members of the nightshade family, along with tomatoes, potatoes, and eggplants.

Peppers are native to the Americas. Spain imported their seeds in the late 1400s, and then they spread to the rest of Europe and Asia. Today, China is the largest producer of bell peppers and chili peppers, followed by Mexico, Indonesia, Spain, Turkey, and the United States.

The most popular bell pepper in the United States is the green bell pepper. Other peppers sold in the United States are hot peppers (also called chili peppers).

November is National Pepper Month!

Anatomy & Etymology

Bell peppers are actually fruits, not vegetables! They are technically berries but are most often used as a vegetable.

The bell pepper is a tropical plant, preferring warm, moist soil to grow in.

Green and red bell peppers grow on the same plant. However, as the bell peppers mature and ripen, they change from green to red and become sweeter.

Bell peppers are large and bell-shaped. Depending on the variety, they can be brown, white, lavender, or dark purple, but the most common colors for bell peppers are green, yellow, orange, and red.

Bell peppers have crisp, thick flesh and smooth, waxy skin.

The scientific name for bell peppers is "*Capsicum annuum*." The scientific name for hot or chili peppers is "*Capsicum frutescens*."

The "pepper" name came when explorers introduced the plants in Europe. Europeans named them after the peppercorn or black pepper, which is unrelated.

The word "pepper" comes from the Old English "piper," from the West Germanic "pipor," related to the Dutch "peper," from the Greek "peperi," and from Sanskrit "pippalī," meaning "berry," "peppercorn."

How to Pick, Buy, & Eat

You want to harvest bell peppers with the right color and sweetness when they're full size. You may want to use all green ones, and so you would pick them at their first stage of ripeness. Many recipes use green bell peppers. Next would be yellow, orange, and then red, the sweetest. You could pick them at each stage if you want multiple colors in your salad, for instance.

Bell peppers can be stored in your refrigerator's crisper drawer for one to two weeks. Then, refrigerate cut bell peppers for two to three days and cooked bell peppers for three to five days.

Bell peppers are a good choice for dishes where you don't want spicy pepper flavor because they don't produce capsaicin like other peppers. Bell peppers have a mild, sweet taste, but the flavors of other peppers can range from mild heat to extremely hot. A hybrid variety of bell pepper, the Mexibelle, is mildly spicy due to a small amount of capsaicin.

Paprika is a powdered red spice made from dried red bell peppers. People often associate paprika with Hungarian cuisine, especially since the name comes from the Hungarian language. However, cooks in many European and other countries use it regularly to color and flavor foods. For example, they add it to soups and stews, sprinkle it over the tops of meats, or add it to other seasonings to make rubs for grilling. Paprika is also often found in sausages. Because red bell peppers are mild and sweet, paprika is usually not as spicy as ground chili pepper. However, paprika can add a little heat to a dish, especially when using

certain varieties.

One-half of a medium bell pepper counts as one serving.

Bell peppers are good to eat raw or cooked. They are often chopped and added to dishes such as salads, soups, omelets, stir-fries, fajitas, and pizza, but they can also be hollowed out, stuffed with a meat, veggie, and rice filling, and baked.

Nutrition

Bell peppers are a low-calorie food and are 94 percent water. They are also nutritious, with 97 percent of the daily value of vitamin C. Bell peppers of all colors have a high amount of vitamin C and beta-carotene, but the red bell pepper contains 1.5 times the amount of vitamin C and eleven times the beta-carotene as green bell peppers.

Vitamin C is an antioxidant that improves your immune system to prevent heart disease and cancer. It also helps your body to absorb and store iron. It helps remove excess fluid from your body, reducing pressure in blood vessels. In addition, vitamin C may help reduce elevated blood sugar levels, and it aids in creating collagen, which is needed for wounds to heal.

Beta-carotene gives yellow, orange, and red fruits and vegetables their color. Beta-carotene is an antioxidant, and it converts to vitamin A in the body, which can help prevent age-related macular degeneration.

Fiber improves your digestive health and, by slowing down the speed of sugar absorption by the body, helps reduce the risk of diabetes.