

Corny Veggie Mac 'n Cheese Cups + Crispy Veggie "Streusel" Crust + Classic Pink Lemonade



corny veggie mac' n cheese cups

preheat + soak + chop + mince

Preheat oven to 350 degrees F. In a medium-sized pot or large mixing bowl, soak **1 C uncooked macaroni** or other small shaped pasta noodles in **3 C warm water + 2 tsp salt** for 10-20 minutes. Chop **your choice of veggies** to total about 1½ C (reserve ½ C for the Crispy Veggie Streusel Crust (recipe below). Chop all veggies to tiny pieces! OR, if using parsnip or sweet potato, grate them. Mince **1 clove peeled garlic**.

whisk + grate + mix

Crack and whisk **2 eggs** in a mixing bowl. Using a box grater, grate **2 T butter**. Add butter to the eggs, then measure and mix in **¼ tsp ground nutmeg, ¼ tsp garlic/onion powder, ½ tsp salt, ¼ tsp black pepper, ¼ C heavy cream, 1 ½ C grated cheddar/gouda/Colby Jack cheese** and the minced garlic. Add drained pasta, **¾ C frozen corn** and **¾ C of the minced veggies** and mix again.

scoop + sprinkle + bake

Use an ice cream scoop to divide Mac 'n Cheese into a greased muffin tin. Sprinkle with Crispy Veggie Streusel Crust. Bake for about 20-25 minutes, or until cheese has melted and are golden brown on top. Enjoy!

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Family Fun Recipes

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VEGAN corny veggie mac' n cheese cups

preheat + soak + chop + mince

Preheat oven to 350 degrees F. In a medium-sized pot or large mixing bowl, soak **1 C uncooked macaroni** or other small shaped pasta noodles in **3 C warm water + 2 tsp salt** for 10-20 minutes. Chop **your choice of veggies** to total about 1½ C (reserve ½ C for the Crispy Veggie Streusel Crust (recipe below)). Chop all veggies to tiny pieces! OR, if using parsnip or sweet potato, grate them. Mince **1 clove peeled garlic**.

grate + measure + blend

Grate **1 parsnip** and add to a blender. Add **½ lb silken tofu OR ½ can white beans**, **¼ tsp ground nutmeg**, **1 tsp salt**, **¼ tsp ground black pepper**, **1 tsp lemon juice**, **1 T olive oil**, **½ C Nutritional Yeast**, and the minced garlic. Blend until smooth.

mix + scoop + sprinkle + bake

Mix drained pasta into blended sauce. Then mix in **¾ C frozen corn** and **¾ C chopped veggies**. Use an ice cream scoop to divide Mac 'n Cheese into a greased muffin tin. Sprinkle with Crispy Veggie Streusel Crust. Bake for about 20-25 minutes, or until Cups are golden brown on top. Enjoy!

crispy veggie "streusel" crust

mix + sprinkle

In a mixing bowl, add **½ C minced veggies**, **¼ C Italian or Panko breadcrumbs**, **¼ C flour**, **2 T butter**, and a **pinch of salt**. Mix with hands until a crumbly texture forms. Sprinkle evenly over Mac 'n Cheese Cups just before baking.

To make a dairy-free version, substitute 2 T olive oil for butter.

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classic pink lemonade

squeeze + mix

Squeeze juice from **3 lemons** into a pitcher. Add 2 C cold water, **1 C cranberry juice**, and **½ C sugar**. Mix until sugar is dissolved, then pour over ice and enjoy!

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shopping list!

Corny Veggie Mac 'n Cheese Cups

- 1 C uncooked pasta
- ¾ C frozen corn
- ¾ C mixed raw veggies (broccoli, cauliflower, carrots, tomatoes, sweet potato, parsnip, etc)
- 1 ½ C grated cheddar/Gouda/Colby Jack cheese
- ¼ C heavy cream
- 2 T butter
- 2 eggs
- ¼ tsp ground nutmeg
- ¼ tsp garlic/onion powder
- 3 tsp salt + ¼ tsp ground pepper

VEGAN Corny Veggie Mac 'n Cheese Cups

- 1 C uncooked pasta
- ¾ C frozen corn
- ¾ C mixed raw veggies (broccoli, cauliflower, carrots, tomatoes, sweet potato, parsnip, etc)
- 1 parsnip
- 1 clove garlic
- ½ C Nutritional Yeast
- 1 lemon
- ½ lb silken tofu
- ¼ tsp ground nutmeg
- 3 tsp salt
- ¼ tsp ground pepper

Crispy Veggie "Streusel" Crust

- ½ C minced veggies
- ¼ C Italian/Panko breadcrumbs
- ¼ C flour
- 2 T butter

Classic Pink Lemonade

- 3 lemons
- 1 C cranberry juice
- ½ C sugar

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Let's learn about Corn!

Corn was first cultivated by indigenous people in Southern Mexico anywhere from 7-10,000 years ago.

Corn is unique: most vegetables and fruits we eat today are domesticated versions of wild plants humans discovered long ago. Corn is a human invention and did not exist in the wild first, although it DID start from a wild grass called teosinte. Teosinte didn't look like modern corn on the cob looks today. The kernels were much smaller and further apart.

Corn is produced on every continent in the world except Antarctica! Corn and cornmeal are staple foods of many regions.

Corn comes in many colors, including black, blue-gray, purple, green, red, white and yellow.

Corn is not technically a vegetable. It's a grass! As food, it's considered a whole grain. Popcorn is considered a fruit! That's right! This is because fruit, like popcorn, comes from the seed or flower part of the plant.

Corn contains phosphorus, which is a mineral the body uses to build strong bones. Phosphorus also helps the body produce energy. Starches in corn also provide you with long-lasting energy.

Fresh corn on the cob is seasonal during the months of July and August. Choose ears of corn with yellow or white niblets and inspect each ear of corn before buying. Avoid any corn that has dark or dried spots. **Frozen corn is a great alternative when fresh corn isn't in season.**

A Brief History of Mac 'n Cheese!

How did macaroni and cheese became such a popular American dish? One popular story says our 3rd American president, Thomas Jefferson, encountered macaroni and cheese for himself when he travelled to Paris and northern Italy in the 1700s. He drew a sketch of the pasta and took detailed notes on how to make it. He brought the recipe back to the U.S. At that time, macaroni and cheese was considered a cuisine of the upper-class when he served it at stately dinners. Thomas Jefferson had slaves who cooked for him, his family, and their guests. This explains why Mac 'n Cheese became and remains such a staple Southern Soul Food dish. During the Great Depression in the USA in the 1930's, KRAFT invented a box version of macaroni and cheese. Mac 'n Cheese was now affordable and accessible to all Americans, and it's been a staple American dish ever since.

Time for a laugh!

Why didn't anyone laugh at the gardener's jokes? **Because they were too corny!**

What do you get when a Corn cob is runover by a truck? **"Creamed" corn**

"Excuse me, waiter, is there Mac and Cheese on the menu?" **Waiter: "No, madam, I wiped it off."**

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