

Spring Vegetable Radical "Ratatouille" + Fresh French Bread Rolls + Fancy Lemon Sorbet Shakes



spring vegetable radical ratatouille

snip + mince + dice + tear

Snip **3 green onions** with scissors into thin slices. Mince **3 cloves of garlic**. Dice **3 ripe tomatoes**, **1 red/yellow/orange pepper**, and **2 green/yellow zucchini**. Tear **7 basil leaves** into small pieces.

sauté + sprinkle + stir

Use a large skillet to sauté green onions in **2 T olive oil** over medium heat until soft. Sprinkle in a **big pinch of mild chili powder**, a **big pinch of sugar**, and **2 tsp salt**.

add + sauté + pour + sprinkle

Add minced garlic and diced veggies and stir. Then cover and let cook over medium-low heat until tomatoes break down and veggies are very soft. During the last 2 minutes of cooking, add **1/2 C frozen peas**. Just before serving, pour in **2 T extra olive oil**, sprinkle with torn basil leaves and shredded parmesan/asiago cheese. Bon Appetit!

::continued::

Family Fun Recipes

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fresh french bread rolls

preheat + measure + mix + rest

Preheat oven to 400 degrees F. To a mixing bowl, measure and mix together **1 C + 2 T warm water**, **1/3 C nut-free oil**, **2 T active dry yeast**, and **1/4 C sugar**. Allow this mixture to rest for at least 15 minutes.

crack + whisk + add

Crack **1 egg** and whisk it in a bowl. Add whisked egg to the yeast mixture. Add **1/2 C grated parmesan/asiago cheese**. Measure **3 1/2 C flour** and **1 tsp salt** together in a separate mixing bowl. Add flour 1/2 C at a time and mix well until a dough is formed.

rest + oil + bake

Let dough rest for 5-20 more minutes. Brush two muffin tins with oil. Then shape the dough into 24 balls and nestle one into each well of the muffin tin. Bake until bread rolls rise and are golden brown on top, about 15-20 minutes.



fancy lemon sorbet shakes

cut + squeeze

Cut **2-4 lemons** and squeeze the juice into a blender.

measure + blend + pour

Measure and add **1/2 C sugar**, **1 C cold water**, **2 C ice**, and **2-3 leaves fresh basil** to blender. Blend until shakes are thick and smooth, then pour into cups and enjoy!

::continued::



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shopping list!

Spring Vegetable Radical Ratatouille

- | | |
|--|--|
| <input type="checkbox"/> 3 green onions | <input type="checkbox"/> 1/4 C olive oil |
| <input type="checkbox"/> 3 garlic cloves | <input type="checkbox"/> Pinch sugar |
| <input type="checkbox"/> 3 ripe tomatoes | <input type="checkbox"/> Pinch mild chili powder |
| <input type="checkbox"/> 1 red/yellow/orange bell pepper | <input type="checkbox"/> 2 tsp salt |
| <input type="checkbox"/> 2 green/yellow zucchini | <input type="checkbox"/> 7 fresh basil leaves |
| <input type="checkbox"/> 1/2 C frozen peas | <input type="checkbox"/> 1/4 C grated parmesan/asiago cheese |

Fresh French Bread Rolls

- | | |
|---|---|
| <input type="checkbox"/> 1/3 C nut-free oil | <input type="checkbox"/> 1 egg |
| <input type="checkbox"/> 2 T active dry yeast | <input type="checkbox"/> 3 1/2 C all-purpose or bread flour |
| <input type="checkbox"/> 1/4 C sugar | <input type="checkbox"/> 1 tsp salt |
| <input type="checkbox"/> 1/2 C parmesan/asiago cheese | |

Fancy Lemon Sorbet Shakes

- 2-4 lemons
- 1/2 C sugar
- 3 fresh basil leaves

::continued::



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Let's Learn about Zucchini!

Zucchini, or Cucurbita pepo, is a member of the cucumber and melon family.

It is actually a fruit, not a vegetable!

Smaller zucchini are sweeter; larger are less flavorful and filled with more water - 95% water, which makes zucchini a great hydrating vegetable.

The Native American word for summer squash is "skutasquash" that means "Green thing eaten Green."

Zucchini grow on vines just like cucumbers do.

Zucchini plants produce male and female flowers on the same plant.

Fresh zucchini blossoms can be cooked and eaten raw. You can remove the pistils from the female flower blossoms and the stamens from male flower blossoms, but you don't have to. Both have flavor and are edible.

Insects must pollinate the plants in order for fruit to grow. They visit the male flowers first, take the pollen, and bring it to the female flower.

Zucchini is very versatile and can be used in savory and sweet recipes.

Potassium helps reduce blood pressure and help blood flow more freely and easily to and from our hearts. Zucchini is a source of potassium.

What the heck is Ratatouille?!

Ratatouille: (Pronunciation: Rat-at-Too-ee) - The word Ratatouille actually comes from the French term "touiller," which means to toss food. With the word itself, the one constant seems to be that "touiller" is a French verb meaning, "to stir up." The first part of the word, "rata," means "chunky stew."

Though the dish is considered French in origin, varieties of ratatouille are found in different cultures throughout the Mediterranean.

Ratatouille is usually eaten as a side dish, but may also be served as a meal on its own with pasta, rice or bread. Ratatouille can be eaten for breakfast, lunch, or dinner. It can be served hot, warm, or cold.

Time for a laugh!

What kind of vegetable likes to look at animals? **A zoo-chini!**

What does a vegetable wear to the beach? **A ZOO-ikini!**

How do you fix a broken tomato? **Tomato paste!**

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