Tasty Thai Rainbow Rice Salad + Zesty Coconut Lime Dressing + Creamy Cool “Coconutty” Shakes

**tasty thai rainbow rice salad**

**measure + add + simmer**

To a medium-sized saucepot, add 1 C jasmine rice and 2 C water. Bring to a boil, then cover and simmer until water has evaporated and rice is cooked! Fluff rice with a fork and scoop into a mixing bowl.

**chop + mince + tear**

Chop, mince, or tear your veggies and herbs: bell peppers, kale leaves, Brussels sprouts/kale/broccoli, tomatoes, carrots, shallots, mint, and basil! The smaller the veggies, the better! Add veggies to the rice bowl.

**toast + add + mix**

Meanwhile, adults can toast 1/2 C coconut shreds or flakes over low heat in a skillet until golden brown. Add toasted coconut to the rice and veggies and mix well!

**pour + mix**

Pour 1 C Zesty Coconut Lime Dressing (recipe below) over rice, veggies, and coconut and mix well. Season with more salt, pepper, and sugar and enjoy!

::continued::
zesty coconut lime dressing

peel + zest + squeeze
Peel 1/2-inch piece fresh ginger using a metal spoon. Add to a blender. Zest and squeeze juice from 2 limes and add to the blender.

measure + blend
Measure and add 1/4 C coconut milk, 1/4 C fresh/canned/frozen and thawed pineapple chunks, 1 T brown sugar, a pinch of garlic powder, 1/4 C olive oil, and salt and pepper to taste to your blender. Puree until dressing is very smooth!

creamy cool “coconutty” shakes

slice + squeeze
Slice 2 limes in quarters, then squeeze the juices into a pitcher.

measure + blend + pour
Measure and add 1/2 C fresh/canned/frozen and thawed pineapple chunks, 1 C full-fat coconut milk, 1/4 C brown sugar, and 1 C ice to your blender. Blend until smooth, pour into cups, and ENJOY! In Thai: “Tan hai a-roi na”
### shopping list!

<table>
<thead>
<tr>
<th>Tasty Thai Rainbow Rice Salad</th>
<th></th>
<th>1 shallot</th>
</tr>
</thead>
<tbody>
<tr>
<td>⬜ 1 C jasmine rice</td>
<td>1 red/yellow/orange bell pepper (or all three!)</td>
<td>5-6 mint leaves</td>
</tr>
<tr>
<td></td>
<td>Handful Brussels sprouts OR broccoli OR baby boy chow</td>
<td>5-6 basil leaves</td>
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<tr>
<td></td>
<td>1 carrot</td>
<td>1/2 C dried coconut flakes or shreds</td>
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<td></td>
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<td>Salt, pepper, and sugar to taste</td>
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</tbody>
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<thead>
<tr>
<th>Zesty Coconut Lime Dressing</th>
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<th>1/2-inch piece fresh ginger</th>
</tr>
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<tbody>
<tr>
<td>⬜ 1/4 C coconut milk</td>
<td>2 limes</td>
<td>1 T brown sugar</td>
</tr>
<tr>
<td></td>
<td>1/4 C fresh/canned/frozen and thawed pineapple chunks</td>
<td>Pinch garlic powder</td>
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<tr>
<td></td>
<td></td>
<td>1/4 C olive oil</td>
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<td>1-2 limes</td>
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</tr>
<tr>
<td></td>
<td>1 C full-fat coconut milk</td>
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</tr>
</tbody>
</table>

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Let’s Learn about Coconut!

Coconuts are related to olives, peaches and plums. Coconuts are NOT NUTS: they are big seeds!

The term "coconut" can refer to the whole coconut palm, the seed, or the fruit, which TECHNICALLY is a drupe, not a nut! A drupe refers to a fleshy fruit with a stony seed inside that’s protected with a thin skin or hard stony covering. Examples are peaches, coconuts, and olives. The word “drupe” comes from the word drupa meaning overripe olive.

In the United States, you can write an address on the outside of a coconut, slap on the correct postage and drop the whole thing in the mail. Amazing! Yes, coconuts are mail-able as long as they are presented in a dry condition and not oozing fruit juice! Try it!

The coconut palm tree can grow up to 98 ft tall!

The outer skin of the coconut covers a thick, fibrous husk, which can be used for making ropes, mats, brushes, sacks, caulking for boats, and as stuffing for mattresses.

The coconut palm is sometimes referred to as the “Tree of Life” because it’s useful from top to bottom. Except for the roots, every part of the coconut tree is harvested in the tropical areas where coconut palms are common.

Let’s Learn about Thailand!

Thailand means “Land of the Free”

Thailand has over 1400 islands! It is a peninsular nation.

Thailand is home to the world’s largest gold Buddha, the largest crocodile farm, the largest restaurant, the longest single-span suspension bridge, and the world’s tallest hotel

Thailand is known for its fantastically delicious street food. You can eat pad thai (noodles, vegetables, and meat stir-fried together), green papaya salad, meat skewers, and even grilled scorpions at street carts everywhere in Thailand.

A century ago, more than 100,000 elephants lived in Thailand, with about 20,000 of them untamed. Now, there are about 5,000, with less than half of them wild.

Time for a laugh!

What do you call a crazy coconut? A nutcase!

What is hairy, brown and wears sunglasses? A coconut on vacation!

Why did the coconut stop in the middle of the road? Because he ran out of juice!