

Zany Stuffed Spring Rolls + Crispy Crazy Potstickers + Soy Ginger Drizzle + Ginger Hibiscus Punch



crispy crazy potstickers + zany stuffed spring rolls

rinse + chop + grate + slice

Rinse the dirt from **3 mushrooms**, then chop them into tiny pieces! Use a box grater or food processor to grate **1 carrot** (with adult supervision!). Chop up **1 garlic clove**. Then slice or grate any other veggies you've chosen: **snow/snap peas**, **corn**, **zucchini**, **green onions**, and **water chestnuts or bamboo shoots**.

sauté + season + mix

Heat **1 T sesame oil** in a medium skillet and add chopped garlic, chopped mushrooms, and **2 C shredded coleslaw mix**. Sprinkle with **salt and pepper** and sauté until veggies are soft, about 3-4 minutes over medium heat. Then set aside this mixture to cool slightly. Mix in whatever other veggies you've chosen - have kids choose! Mix and match the fillings to make a few different options.

add + fold + seal

Set up a clean cutting board, a small bowl with water, potsticker and spring rolls wrappers, and bowls of filling to get ready for assembling! **To make potstickers:** Place a potsticker wrapper on cutting board, then add 2 tsp filling to the middle. Trace the edges with a finger dipped in water, then fold up and seal into any shape you wish!

Family Fun Recipes

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shopping list!

Zany Stuffed Spring Rolls & Crispy Crazy Potstickers

- | | |
|---|--|
| <input type="checkbox"/> 2 C shredded coleslaw mix | Additional Veggies to choose from: |
| <input type="checkbox"/> 3 mushrooms | <input type="checkbox"/> 1/2 small zucchini |
| <input type="checkbox"/> 1 large carrot | <input type="checkbox"/> Handful snow/snap peas |
| <input type="checkbox"/> 1 T sesame or olive oil | <input type="checkbox"/> 1/4 C canned, frozen, or fresh corn |
| <input type="checkbox"/> 1/4 C olive oil (for pan-frying) | <input type="checkbox"/> 2 green onions |
| <input type="checkbox"/> Salt and pepper to taste | <input type="checkbox"/> Canned water chestnuts or bamboo shoots |

Soy Ginger Drizzle

- 2/3 C soy sauce/Tamari/Coconut Aminos
- 2 T rice vinegar
- 1 1/2 tsp sesame/olive oil
- 2 tsp sugar/honey
- 1-inch piece fresh ginger

Ginger Hibiscus Punch

- 1-inch piece fresh ginger
- 3 hibiscus tea bags
- 1/4 C sugar + more to taste
- 2 C ice

::continued::

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Cooking off the Cuff!

Have kid chefs choose their filling ingredients to add to the base of sautéed mushrooms, carrots cabbage, and garlic! Let them choose how they're going to season their own dipping sauce. Also: have them wrap their wontons and spring rolls in different shapes. By giving kids creative liberty in the kitchen within a boundary of ingredients, they learn to explore and trust in their own ability to create delicious food!

Balancing Tastes!

Chinese cooking is all about simplicity and using short cooking methods to bring out the best flavors of the ingredients used. Harmony is key in the final dish. Focus on texture, and a balance of sweet, salt, and sour tastes! Give kids the ingredients to choose from and let them choose how they're going to put them together!

Tools used in this recipe: Measuring Spoons, Dry Measuring Cups, Mixing Bowls, Wet Measuring Cup, Whisk

Surprise Ingredient Facts + To Be a Kid in China:

Cabbage is high in fiber, vitamin C & vitamin K. Vitamin K is good for the blood. A cup of raw cabbage has more vitamin C than an orange!

Different varieties of cabbages have varying nutritional strength: purple cabbage has more vitamin C, while the savoy has more vitamin A, calcium, iron and potassium.

School in China usually starts at 7:30 a.m. and ends at 5:00 p.m., including a two-hour break for lunch. Students usually wear uniforms.

There are many celebrations throughout the year in China that children attend - activities and celebrations to celebrate Chinese New Year, Spring Lantern lighting, and a Dragon Boat Festival every summer. For Chinese New Year, kids are often gifted with round objects, like oranges, coins, or another round-shaped sweet. An even number of gifts is traditional - such as 2 oranges instead of 3. Some kids receive money in red envelopes. Red is a color of good luck!

Time for a laugh!

What's another name for Brussels sprouts? **Cabbage patch kids.**

What do you call a man who gives a cabbage a job? **a Head hunter!**

What do you call a German cabbage that's getting clean? **Shower-kraut!**

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