

Yankee Doodle Rainbow Macaroni Salad + Charred Green Onion Dressing + Fabulous Frosted Orange Julius



yankee doodle rainbow macaroni salad

boil + drain

Bring 4 C of water to a boil in a large pot. Add **8 oz dried macaroni** and boil until tender. Then drain and set aside.

peel + shred + squeeze

RED DYE: Peel **1 red beet** and shred it using a box grater. Squeeze the juice from the shredded beet with a paper towel into a small bowl. Use the liquid for red dye

BLUE AND PURPLE DYE: Roughly chop **½ purple cabbage head** and add to a sauce pot. Cover with water and let boil for about 15 minutes. Split the liquid in half. Save **½** for blue dye and use the other half for the purple dye. To make blue dye, add a **pinch of baking soda** and stir until the liquid turns blue! Add a pinch more baking soda if needed to change the color.

GREEN DYE: Chop up **1 C fresh spinach** and blend with a bit of water, then squeeze green liquid through a paper towel and use liquid as green dye. Or blend **1 C frozen/thawed spinach** and squeeze green liquid through a paper towel.

:::recipes continued:::



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divide + mix + add + toss

Divide macaroni into 4 equal portions to make 4 different colors. Add the liquid dye a little at a time and mix until macaroni takes on color. Then mix macaroni all together! Add **1 C frozen, thawed peas**, **1 minced clove of garlic**, **1 grated carrot**, and a **handful of chopped cherry tomatoes** to the macaroni. Toss together, then add the **Charred Green Onion Honey Dressing** and toss again before eating!

charred green onion honey dressing

slice + char + whisk!

Slice **1 bunch green onions** into ½” pieces. Add **2 T olive oil** to a skillet along with the sliced green onions and a big **pinch of salt**. Fry over medium heat until onions are charred in spots and crispy along the edges. Scoop into a bowl and whisk in **1 T honey**, **2 T olive oil**, **2 T vinegar**, a **pinch of salt**, and a **pinch of black pepper**.

fabulous frosted orange julius

peel + measure + blend + pour

Peel **2 large oranges**, discard the peels, and add oranges to your blender. Measure and add **2 C ice**, **½ C milk**, and **2 T honey**, and **1 tsp vanilla extract**. Blend until smooth, adding more milk if necessary. Pour into cups and CHEERS!

::continued::



Family Fun Recipes



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shopping list!

Yankee Doodle Rainbow Macaroni Salad

- 1 red beet
- 1 C fresh or frozen/thawed spinach
- ½ head purple cabbage
- 2 large carrots
- 8 oz dried macaroni noodles
- 1 C frozen, thawed peas
- Handful cherry tomatoes
- 1 garlic clove

Charred Green Onion Dressing

- 1 bunch green onions
- 2 T + 2 T olive oil
- 2 T vinegar
- Big pinch salt
- Pinch black pepper
- 1 T honey

Fabulous Frosted Orange Julius

- 2 oranges
- ⅓ C or more milk
- 2 C ice
- 2 T honey
- 1 tsp vanilla extract

::continued::

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Slicing, Chopping, Mincing, Mixing, Blending!

KITCHEN TOOLS PhD recipes help us get comfortable using common cooking tools in the kitchen, including our hands!

Kitchen tools help young chefs develop and hone fine motor skills as they prepare savory, delicious recipes.

SLICING: to cut into pieces using a sawing motion with your knife!

CHOPPING: to cut food into rough pieces that are not usually the same size!

MINCING: to cut food into teeny tiny pieces!

MIXING: to stir two or more ingredients together until well-combined.

BLENDING: to combine two or more ingredients together so that they lose their individual characteristics and become smooth and uniform.

To be a Kid in COLONIAL AMERICA!

During meal time, there was a popular belief and saying "Children are to be seen, not heard." They were to eat as quickly as possible, without talking, and leave the table as soon as they were done. In some cases, children didn't even sit at the table, they stood behind the adults and food was handed back to them!

Kids had household chores such as shelling corn, carding cotton and wool, cutting sugar, gathering scouring rushes, and picking the feathers off of geese a few times each year.

Toys that children played with during this time were typically made of wood. Children spent so much of their time doing chores, kids had to take breaks to squeeze in playtime. Some chores children had were making soap and candles, helping in the garden, and feeding the animals.

Time for a laugh!

What's long, green, and giggles? **A tickled onion!**

What do you call a hobbit with a healthy appetite? **Lord of the Onion Rings.**

What kind of socks do you need to plant green onions? **Garden hose!**

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