

# Lulu's Lucky Lo Mein Noodles + Crazy Delicious Caramelized Cabbage + Green Tea Smoothies



## lulu's lucky lo mein noodles

### boil + drain

Add 4 C of water to a large pot. Add a handful of salt to the water and bring to a boil. **8 oz dried spaghetti noodles** and cook until tender to the bite. Then drain and set noodles aside.

### snip + mince + slice + shred

Use clean kid-friendly scissors to snip **4 green onions** into 1-inch pieces. Peel and mince **2 cloves of garlic**. Slice **½ head of green cabbage** into ribbons, slice **1 C sugar snap peas**, chop **1 baby bok choy** into small pieces, and shred **2 carrots** carefully with a box grater (you could also julienne the carrot, which means to cut it into matchsticks!).

### measure + whisk

Whisk together **2 T soy sauce**, **1 T sugar**, **½ tsp ground ginger**, **2 T water**, and **1 T toasted sesame oil**.

*::recipe continued::*

Family Fun Recipes



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## sauté + caramelize + add + toss

To a large skillet, add **2 T olive oil**, the sliced scallions, and the minced garlic. Sauté for about 1 minute before adding the sliced cabbage. Spread cabbage in a layer so that the entire bottom of the skillet is covered. Add a big pinch of sugar. Let the cabbage sit, undisturbed, for a minute or two over medium heat before stirring. Cook cabbage on low heat until it becomes caramelized and golden brown in spots, stirring every so often. The longer the cabbage cooks, the more caramelized and yummy it'll become! Add the chopped bok choy, the sliced sugar snap peas, and the shredded carrots and toss, cooking until these veggies are softened, too.

## whisk + add + toss!

Make the Sweet Soy Splash! Whisk together **3 T soy sauce**, **1 T sugar**, **½ tsp ground ginger**, **2 T water**, and **1 T toasted sesame oil**. Add the drained noodles to the skillet. Pour over the Sweet Soy Splash and toss until all the veggies and noodles are coated.

## green tea smoothies

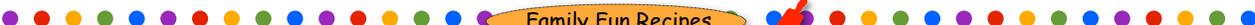
## simmer + steep + blend + pour

In a small pot, bring **2 C milk** to a simmer. Turn off heat and steep **3 decaf green tea bags** in the milk for 10 minutes.

## peel + measure + blend + pour

Peel **1 banana** and add to your blender. Remove the tea bags from the milk and add the milk to the blender, too. Measure and add **1 C vanilla yogurt**, **2 T honey**, and **½ C ice**. Blend until smooth, adding more milk if necessary. Taste and add more honey if you'd like it sweeter! Pour into cups and CHEERS!

::continued::



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## shopping list!

### Lulu's Lucky Lo Mein Noodles

- ½ pound dried spaghetti noodles
- ½ head green cabbage
- 1 baby bok choy
- 4 green onions
- 2 cloves garlic
- 1 C sugar snap peas
- 2 large carrots
- 2 T olive oil

### Sweet Soy Splash

- 3 T soy sauce
- 1 T sugar
- ½ tsp ground ginger
- 1 T toasted sesame oil

### Green Tea Smoothies

- 1 ripe banana
- 2 C whole milk
- 1 C vanilla yogurt
- 2 T or more honey
- 3 decaf green tea bags

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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.

## Fun Facts About China + Noodles!

**The Great Wall of China** is the largest manmade structure in the world. Earliest sections of the wall were made of stone, wood, and earth that was packed down. Making the wall was a dangerous affair, and many workers lost their lives while building it.

**The Chinese language** is the oldest language still in use in writing in the world. The official language of China is Mandarin. The color red is a sign of happiness in China. China produces the world's largest supply of tomatoes!

**In China, every year is represented by one of 12 animals.** What year were you born? Do you know which animal represents the year of your birth?

**Who created the first noodle?** The Chinese, Arabs and Italians have all laid claim but the earliest record appears in a book written between AD 25 and 220 in China. Noodles have been a staple food in many parts of the world for at least 2000 years!

### Time for a laugh!

What do you call a cabbage that's in love? **Head over heels.**

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

What do you call a chicken that's looking at a cabbage? **Chicken sees a salad!**

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