

Italian Bolognese Surprise Plant Pasta + Tasty Tricolore Radicchio Salad + Outrageous Orange Italiano Ice



italian surprise bolognese plant pasta

snip + peel + grate + slice

Use a pair of clean scissors to snip **5 green onions** into small bits. Peel and grate **2 large carrots** carefully using a box grater and slice **2 celery stalks**.

smash + peel + mince

Using the heel of your hand, smash **2 cloves of garlic** against a cutting board (adults might need to help with this!). Then peel the garlic and mince up the cloves into small bits.

chop + sauté + season

Chop **1 zucchini** into very small bits! Chop **8 oz cremini mushrooms** into small bits, too. Add **2 T olive oil** to a large skillet or soup pot. Sauté the onions, garlic, carrots, and celery over medium heat until soft. Season with **1 T sugar** and **1 T Italian spice blend** and stir. Add the chopped mushrooms and cook until soft.

::recipe continued::



www.stickyfingerscooking.com

© 2020 Sticky Fingers Cooking

add + boil + simmer + stir

To your skillet or stockpot, add **1 C red lentils** and **3 C water**. Bring to a boil, lower to a simmer, and cook until lentils are al-dente and water has absorbed. Meanwhile, bring **4 C of water** to a boil in a separate pot and add **16 oz fettuccini noodles**. Boil until noodles are al dente, then drain and drizzle with **olive oil** to keep them from sticking! To the lentils, stir in **1 28-oz can crushed tomatoes** and **1 tsp salt**. Simmer uncovered until sauce thickens, about another 5/10 minutes. Taste and season with more salt or sugar. Serve over cooked fettuccini noodles and top with **shredded or shaved parmesan cheese!** *Mangia Bene!*

tasty tricolore radicchio salad

slice + chop

Slice **1 endive head** into ribbons. Chop **1 head of radicchio** into rough 1-inch pieces. Chop **1 cucumber** into half moons or half-inch chunks. Add all chopped veggies to a mixing bowl.

squeeze + whisk + toss

Squeeze the juice from **1/2 an orange** into a bowl. Whisk in **1/4 C olive oil**, **1/2 tsp Italian seasoning**, **1/2 tsp salt**, and **1/4 tsp black pepper**. Pour over chopped veggies and toss to combine! Top with **shredded or shaved parmesan cheese**, if desired!

outrageous orange italiano ice

squeeze + measure + blend + pour

Squeeze the juice from **3 1/2 to 4 oranges** into a blender. Measure and add **1/4 C sugar** and **2 C ice**. Blend until the mixture is thick and smooth, adding more fresh orange juice or water if you need to thin it out some. Pour into cups and shout **SALUTI** (Cheers in Italian)!

::continued::



shopping list!

Italian Surprise Bolognese Plant Pasta

- | | |
|--|---|
| <input type="checkbox"/> 5 green onions | <input type="checkbox"/> 1 T Italian seasoning |
| <input type="checkbox"/> 2 large carrots | <input type="checkbox"/> 1 tsp salt |
| <input type="checkbox"/> 2 celery stalks | <input type="checkbox"/> 1 C red lentils |
| <input type="checkbox"/> 2 garlic cloves | <input type="checkbox"/> 16 oz dried or fresh fettuccini |
| <input type="checkbox"/> 1 zucchini | noodles |
| <input type="checkbox"/> 8 oz cremini mushrooms | <input type="checkbox"/> 1 28-oz can crushed tomatoes |
| <input type="checkbox"/> 2 T olive oil + more for sautéing | <input type="checkbox"/> Shredded or shaved parmesan cheese |
| <input type="checkbox"/> 1 T sugar | |

Tasty Tricolor Radicchio Salad

- 1 head radicchio
- 1 head endive
- 1 cucumber
- Juice of ½ an orange
- ¼ C olive oil
- ½ tsp Italian seasoning, ½ tsp salt, ¼ tsp black pepper

Orange Italiano Ice

- 4 oranges
- ¼ C sugar
- 2 C ice

::continued::

Family Fun Recipes

Sticky Fingers  Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2020 Sticky Fingers Cooking

Slicing, Chopping, Mincing, Mixing, Blending!

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. We can blend spices, smoothies, sauces, and much more!

What Can We Learn About Lentils?

Lentils are edible legumes and originated in central Asia. In 2400 BC, lentils were found in the tombs of the Ancient Egyptians! That makes them REALLY old! Because of the nutrients they contain, lentils are considered a protein AND a vegetable! Two for the price of one!

Fun Facts About Italy and Bolognese!

Italy only became a country in 1861, 150 years ago.

In the 1930s and 40s Mussolini tried to get rid of all foreign words from the Italian language. So what did he do? Well he changed them of course. In soccer, 'goal' became 'meta' and Donald Duck became 'Paperino'. Mickey Mouse became 'Topolino' and Goofy became 'Pippo'. Although they're not banned anymore, these words have stuck. So if you're going to Disneyland you're going to see Topolino and Pippo!

The colors of the Italian flag represent hope (green), faith (white), and charity (red)

BOLOGNESE: Pronounce it "Bowl-oh-nayz". Known in Italy as ragù alla bolognese, it is a meaty sauce that most of the world believes came from the city of Bologna. However, this is apparently just a myth. The exact origin of Bolognese is a mystery to this day!

Time for a laugh!

What does Arnold Schwarzenegger say before eating pasta?

PASTA LA VISTA BABY.

Why did the bolognese tell the noodles to go to bed? **It was pasta bedtime!**

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2020 Sticky Fingers Cooking