

Kid-Invented Fresh Vegetable Spring Rolls + Sweet Chili Dipping Sauce + Refreshy-Fresh Mint Tea



kid-invented fresh vegetable spring rolls

shred + chop + slice + tear

Use a box grater or food processor to shred **2 carrots** (with adult supervision!), **½ head iceberg lettuce**, and **½ head purple or green cabbage**. Shred **1 cucumber** and chop **½ C fresh bean sprouts** and **1 red bell pepper**. Slice **3 green onions** into long, thin pieces. Peel and slice **1 mango** and **1 avocado**. Tear up a big handful of **mint leaves** and **cilantro leaves** from their stems.

add + fold + seal

Set up a clean cutting board, a large mixing bowl with water, **spring rolls wrappers**, and bowls of filling to get ready for assembling!

To make spring rolls:

Dip 1 spring roll wrapper in water for about 10-15 seconds. Then place it on your clean cutting board. Add 2 T filling just above the bottom corner of the wrapper. Roll from the bottom corner until the filling is encased. Then fold over the sides toward the middle and continue rolling to the top! The spring roll wrapper will get softer as you handle it. Repeat until all spring rolls are made and enjoy with **Sweet Chili Dipping Sauce!**

Family Fun Recipes



THYME to TURNIP the BEET on WHAT KIDS EAT

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sweet chili dipping sauce

peel + grate

Use the back of a plastic or metal spoon to carefully peel a **1-inch piece of ginger**. Adults: use a zester to grate the ginger (a box grater will also work and is a job best saved for you!)

peel + smash + mince

Peel, smash, and mince **1 clove of garlic**.

simmer + thicken

Add **½ C vinegar** and **½ C water** to a medium-sized skillet or sauce pot. Bring to a boil and stir in **⅓ C sugar**, **2 tsp ketchup**, **grated ginger**, **minced garlic**, and a teeny tiny **pinch of red pepper flakes**. Simmer for 3 minutes. Meanwhile, stir **2 tsp cornstarch** into **2 tsp water**. Add the cornstarch and water to the skillet and stir over low heat until sauce thickens. Remove sauce from heat, pour into a small bowl, and let cool.

refreshy-fresh mint tea

peel + shred + chill + pour

Peel **1 cucumber** and shred it using a box grater or food processor. Add shredded cucumber to your blender. Add **6 mint leaves**, **½ C sugar**, **2 C water**, and the **juice of 2 limes**. Blend! Pour into cups over **ice** and CHEERS! In Cantonese, say: 干杯 Gānbēi or “GAN-BAY!!”)

::recipes continued::

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shopping list!

Kid-Invented Spring Rolls

- | | |
|---|--|
| <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 3 green onions |
| <input type="checkbox"/> ½ head iceberg lettuce | <input type="checkbox"/> 1 mango |
| <input type="checkbox"/> ½ head cabbage | <input type="checkbox"/> 1 avocado |
| <input type="checkbox"/> 1 cucumber | <input type="checkbox"/> 1 bunch fresh mint leaves |
| <input type="checkbox"/> 1 red bell pepper | <input type="checkbox"/> 1 bunch fresh cilantro |
| <input type="checkbox"/> ½ C fresh bean sprouts | |

Sweet Chili Dipping Sauce

- 1 inch piece ginger root
- 1 clove garlic
- ½ C vinegar
- ⅓ C sugar
- 2 tsp ketchup
- 2 tsp cornstarch
- 2-3 red pepper flakes

Refreshy-Fresh Mint Tea

- 1 cucumber
- 6 fresh mint leaves
- 2 limes
- ½ C sugar
- 2 C ice

::continued::

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Cooking off the Cuff!

Have kid chefs choose their filling ingredients from what they've chopped, shredded and sliced! They may want to make different variations of spring rolls. Encourage them to make their spring rolls colorful by going for a variety of vegetables and fruits. 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, HANDS!

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**

I heard the Mint stopped making coins...**It just doesn't make cents!**

What's the difference between a spring roll and a summer roll? **Seasoning**

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