



Week of: September 21, 2020

Superbly Tasty Sweet 'n Sour Thai Noodle Salad + Perky Pineapple Coolers

SHOPPING LIST:

*Families: please prep larger fruits and vegetables for younger kids (cut the lime into quarters, for example). Also: for younger kid chefs, please open all cans and discard the metal lids prior to class. This class also requires a microwave.

Yields: 1-2 Servings

- 1 oz **dried angel hair noodles*** (about the circumference of a dime)
- 1/2 C shredded coleslaw mix
- 2-inch piece of cucumber
- 1 green onion
- 1 lime
- 2 tsp **low sodium soy sauce***
- 1 T **smooth peanut butter***
- 1 C **frozen pineapple chunks (or 1/2 C drained, canned pineapple + 1/2 C ice)***
- 1/2 tsp vanilla extract
- 2 C water
- Pinch sugar

ALLERGY SUBSTITUTIONS (for those items with a *)

Soy sauce (gluten or soy allergy): sub soy-free Coconut Aminos

Gluten (angel hair pasta) allergy: sub vermicelli rice noodles and see separate cooking instructions

Peanut allergy: sub almond butter OR for nut allergies: 1 T full-fat yogurt or coconut yogurt

Pineapple allergy: sub frozen mango or strawberry