

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



superbly tasty sweet 'n sour thai  
noodle salad

## snap + microwave + soak

Snap **1 oz angel hair pasta noodles** in half. Snap halves in half again (ending with about 2-inch long sections of noodles). Add noodles to a microwave-safe mug. Fill mug halfway with water. Microwave on high for 1 minute. Let cool slightly before removing from microwave. Set a timer for 3 minutes and let noodles soak in hot water! Then drain and set noodles aside.

Note: noodles will turn gummy if left to soak in water longer than 3 minutes!

Note: if using vermicelli rice noodles instead, just soak noodles in hot water for 3 minutes

## slice + whisk + slice + mix

Slice **1 lime** in half. Squeeze juice from  $\frac{1}{2}$  the lime into a bowl (save other  $\frac{1}{2}$  for the drink!). To the same bowl, measure and whisk together **2 tsp low-sodium soy sauce, 1 T**

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**smooth sunbutter**, **1 tsp water**, and a **pinch of sugar**. Slice a **2-inch piece of cucumber** into small pieces. Slice **1 green onion** into thin pieces, too. Add a **handful of shredded coleslaw mix** to the mug with your noodles. Add the sliced cucumber and sliced green onions. Add soy sauce mixture and mix to coat your salad in dressing. A fork works well to mix! Eat right away, or chill for 5 minutes in the fridge while you blend up your Perky Pineapple Cooler!



## perky pineapple coolers

squeeze + add + blend + pour

Squeeze juice from  $\frac{1}{2}$  **lime** into your blender. Add **1 C frozen pineapple chunks (or  $\frac{1}{2}$  C drained, canned pineapple +  $\frac{1}{2}$  C ice)**, **1 C water**, and  **$\frac{1}{2}$  tsp vanilla extract** to the blender. Blend until smooth and thick. Pour into a glass and CHEERS!



## Carrots + Noodles!

- ★ **Carrots were first grown as a medicine**, not a food.
- ★ **Carrots have a vitamin called beta-carotene**. Our body changes beta carotene into Vitamin A. Vitamin A helps us to have clear vision, especially at night!
- ★ **Taste a carrot: do you taste sugar? Carrots are sweet!** They are the sweetest of all vegetables!
- ★ **The first noodles to be eaten in space** were instant ramen noodles!
- ★ **Noodles were invented in the desert region (Taklamakan Desert)** of Central Asia 4,000 years ago!

## Let's Learn About Thailand!

- ★ **One of Thailand's most curious creatures is the mudskipper**. This fish-out-of-the-water is capable of walking on land and climbing trees. It uses its fins to "walk" and can absorb oxygen through its skin and the lining in its mouth. It spends most of its time out of the water, eating the algae in tidal pools.
- ★ **Thailand has over 1400 islands!** It is a peninsular nation. It has a tropical climate and is very wet and hot!
- ★ **The food of Thailand, Thai cuisine, is one of the most popular in the world**. Thai food blends five fundamental tastes: sweet, spicy, sour, bitter, and salty. The herbs and spices most used in Thai cooking themselves have medicinal qualities such as garlic, lemongrass, Kaffir lime, galangal, turmeric, coriander, coconut milk.

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## equipment list

- |   |   |
|---|---|
| <input type="checkbox"/> Microwave  | <input type="checkbox"/> Kid-friendly knife (a butter knife works great)                                      |
| <input type="checkbox"/> Microwave-safe mug   |   |
| <input type="checkbox"/> Big mixing bowl  | <input type="checkbox"/> Cutting board  |
| <input type="checkbox"/> Tongs or sieve (small holes enough so noodles don't fall through!) | <input type="checkbox"/> Drinking glass   |
|   | <input type="checkbox"/> Fork   |
| <input type="checkbox"/> Blender  | <input type="checkbox"/> Whisk  |
| <input type="checkbox"/> Small bowl   | <input type="checkbox"/> Soap for cleaning hands  |
| <input type="checkbox"/> Clean kid-safe pair of scissors                                    | <input type="checkbox"/> Optional but encouraged: citrus squeezer or juicer (helps squeeze lemons for juice!) |
| <input type="checkbox"/> Measuring spoons   |   |

## shopping list

### Superbly Tasty Sweet 'n

#### Sour Thai Noodle Salad

- 1 oz dried angel hair noodles (about the circumference of a dime)
- ½ C shredded coleslaw mix with carrots
- 2-inch piece of cucumber
- 1 green onion
- 2 tsp low sodium soy sauce
- 1 T smooth sunflower seed butter
- juice from ½ lime
- pinch sugar

#### Perky Pineapple Cooler

- ½ lime
- 1 C frozen pineapple chunks (or ½ C drained, canned pineapple + ½ C ice)
- ½ tsp vanilla extract

### ALLERGY SUBSTITUTIONS:

- Gluten or soy: sub soy-free, gluten-free Coconut Aminos OR gluten-free Tamari (does have soy)
- Gluten (angel hair pasta): sub vermicelli rice noodles
- Sunflower Seeds: Peanuts: sub peanut butter OR almond butter OR for nut allergies: 1 T full-fat yogurt or coconut yogurt
- Pineapple: sub frozen mango or strawberry

## Time for a laugh!

**Did you hear about the carrot detective?**

He always got to the root of every case!

**What did one snowman say to the other?**

Why does it smell like carrots out here?

**What did the carrot say to the rabbit?**

Do you want to grab a bite?



KIDS in the KITCHEN!  
ANYTIME ENRICHMENT™



Sticky Fingers  Cooking  
THYME to TURNIP the BEET on WHAT KIDS EAT™