



SHOPPING LIST!

Peas Pass the Mac 'n Cheese Cobbler Cups

+ Sweet Sparkling Apple Soda

Kids in the Kitchen! Recipe Ketch-up!

Take a kids' classic like Mac 'n Cheese and give it a healthy twist with peas, and you've got a recipe that's perfectly suited for Sticky Fingers Cooking! The best part is that you can sub out any frozen vegetable for peas and it'll be equally delicious. We want kids to see how easy it is to make themselves a healthier after-school snack, and to get curious about vegetables by introducing them in a familiar way. Have fun this week by teaching kids a bit of history behind this iconic American classic, singing Yankee Doodle Dandy, and telling plenty of bad (but good) food jokes! - Chef Jacy

INGREDIENT CHECKLIST:

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|--|--|
| <input type="checkbox"/> 1 C cooked elbow macaroni* | <input type="checkbox"/> Pinch black pepper |
| <input type="checkbox"/> ¼ cup frozen peas* | <input type="checkbox"/> 2 T whole wheat or unbleached all-purpose flour* |
| <input type="checkbox"/> 10 fresh chives | <input type="checkbox"/> ⅛ tsp baking powder |
| <input type="checkbox"/> 1 lemon | <input type="checkbox"/> Pinch salt |
| <input type="checkbox"/> 2 T shredded cheddar cheese* | <input type="checkbox"/> 1 C apple juice |
| <input type="checkbox"/> 1 T whipped cream cheese* | <input type="checkbox"/> 1 can sparkling water |
| <input type="checkbox"/> 2 T heavy whipping cream* | <input type="checkbox"/> 3 ice cubes |
| <input type="checkbox"/> ½ T cold butter* | |
| <input type="checkbox"/> Tiny squeeze of dijon mustard OR tiny pinch of mustard powder | |

ALLERGY SUBSTITUTIONS (for those items in red with a *)

- **Elbow macaroni:** sub gluten free pasta
- **Peas:** sub corn
- **Shredded cheddar cheese:** sub non-dairy cheese shreds + pinch nutritional yeast
- **Whipped cream cheese:** sub non-dairy cream cheese
- **Heavy cream:** sub pureed silken tofu
- **Butter:** sub olive oil, coconut oil, or vegan butter alternative (we like Earth Balance)
- **All-purpose or whole wheat flour:** sub gluten-free flour blend

EQUIPMENT CHECKLIST:

- Microwave
- Microwave-safe mug
- Mixing bowl
- Clean kid-safe pair of scissors
- Optional but encouraged: citrus squeezer and citrus zester or grater with small holes
- Metal spoon
- 2 paper towels
- Liquid measuring cup
- Measuring spoons
- Measuring cups
- Kid-friendly knife (a butter knife works great)
- Cutting board
- Drinking glass
- Fork
- Whisk
- Soap for cleaning hands

JOKES & PUNS!

- ★ What did the Sticky Fingers Cooking Chef say to the student who did not want to try the recipe this week? PEAS give it a taste!
- ★ What's the difference between pea soup and roast beef? Anyone can roast beef but no one can pea soup!
- ★ What do you call an angry pea? Grump-pea.
- ★ What does a polite chef always say? Peas and Bake you!
- ★ What do polite vegetables always say? Peas to meet you!
- ★ What do vegetables wish for, more than anything else in the whole world? World Peas
- ★ "Excuse me, waiter, is there Mac and Cheese on the menu?" Waiter: "No, madam, I wiped it off."
- ★ Knock Knock! Who's there? Pasta. Pasta who? Pasta the Mac and Cheese please!