**Thai Pumpkin Curry Recipe**

Yield: 4-6 servings

Ingredients

2 small squashes/pumpkins (about 3 1/2 pounds)

Olive oil

2 cups jasmine rice

1 1/2 Tablespoons olive oil

2-3 Tablespoons Thai red curry paste

One 15-oz can light coconut milk

2 Thai bird’s eye chilies or

½ teaspoon cayenne pepper (optional)

1 Tablespoon fish sauce

1 teaspoon raw sugar

1 cup French beans, halved

1 red bell pepper, cut into strips

½ yellow onion, quartered

Small handful of cilantro, chopped

5-7 basil leaves, torn into pieces

Instructions for Adults

* Preheat the oven to 400 degrees F.
* Assist with supervision of safe knife skills and stovetop.

Instructions for Kids

* Cut the squashes in half and spoon out the seeds. Cover a baking sheet with foil and brush olive oil on it. Put the squashes on the baking sheet, meat side down. Roast for 30 minutes, or until tender but firm when pierced with a knife.
* Start cooking the rice in either a pot or a rice cooker. Cook according to instructions on the package of rice.
* In a large wok or deep fry pan, warm the oil over medium heat. Add the curry paste to the pan and mix it with the oil. Stir them together over medium heat until fragrant, for about 10 seconds. Spoon off the thick layer of coconut milk in the can and add that to the paste in the pan. Mix together. Slowly pour in the rest of the milk and keep stirring until the paste is mixed together (about a minute or two).
* Add ¼ cup water to the sauce, along with the chilies or cayenne pepper (if using), fish sauce, and sugar. Bring to a simmer.
* Spoon out the orange meat of the squash. Add the squash, bell peppers, green beans, onions, basil, and cayenne (if using), and stir over medium-high heat until the vegetables are cooked but still a little crisp.
* Enjoy with the hot rice, garnished with cilantro.

**Dried Beans Recipe**

Yield: 4-6 cups

Ingredients

2 cups dried beans, rinsed

1 carrot

1 celery stalk

1 onion

2 cloves of garlic

Tablespoon olive oil

3 bay leaves

1 teaspoon cumin

Salt to taste

Instructions for Adults

Assist children with cooking on the stovetop, boiling water, and safety.

Instructions for Kids

* Place beans in a large bowl. Cover with water (the water should be at least 2-3 inches above the beans). Cover the bowl with a lid. Allow the beans to soak overnight on the counter, or for 8 hours.
* Pour beans into a colander. Rinse.
* Cut carrot, celery, and onion into 1 inch pieces. Mince garlic.
* Add oil to a large stock pot and heat over medium heat.
* Add the carrot, celery, onion and garlic and cook until softened (3-5 minutes). Add the beans and bay leaves, cover with new water (water should be 2 inches above the beans).
* Bring to a boil over high heat. Make sure to scoop off any foam that forms and discard.
* Cover with a lid and reduce heat to a simmer. Simmer for 20 to 40 minutes, or until beans are tender.
* Add salt and cumin. Stir. Remove bay leaves and allow to cool slightly before eating.
* Leftovers can be stored in the fridge for 1 week

**Vegetable Dumplings Recipe**

Yield: 25 dumplings

Ingredients

1 cup Napa cabbage, chopped finely, tightly packed

1 egg

2 Tablespoons olive oil

1/4 cup carrot, minced

1/2 cup mushrooms, minced

3/4 teaspoon ginger, grated

1 Tablespoon green onion, chopped finely

2 3/4 teaspoon salt, divided

8 cups water

1/4 cups water

1 Tablespoon flour

25 round wonton wrappers (you can usually find them in the produce section in your local grocery store

Instructions for Adults

Assist with supervision of safe knife skills and stovetop.

Instructions for Kids

Prepare Fillings

* Mix cabbage with 1/2 teaspoon salt and set aside.
* Slowly scramble the egg in a pan over medium heat. Transfer to a bowl and set aside.
* Add olive oil to a pan over medium heat. Add carrots, mushrooms, grated ginger, and chopped green onion with remaining 1/4 teaspoon salt. Cook until mushrooms soften, about 5-8 minutes. Drain liquid and add vegetables to the scrambled egg.
* Drain and squeeze out liquid from cabbage. Add to egg and vegetable mixture to prepare the filling.

Fold Dumplings

* Combine water and flour together in a small bowl.
* Hold a wrapper in one hand and place 1 full tablespoon of the filling in the center of it. Dab the flour and water mix along the edges of the wrapper with your finger. Bring the edges of the wrapper closer together and seal the center edges together. You can also make little folds along the edge for a fun, fancy folded dumpling.

Cook Dumplings

* Bring the water to a boil in a large pot and add 2 teaspoons of salt. With the help of an adult, add half the dumplings to the boiling water, leaving room to cook.
* When the dumplings rise to the surface, about 2 minutes, remove and enjoy with Sesame Soy Dipping Sauce!

**Sesame Soy Dipping Sauce Recipe**

Yield: 1/2 cups

Ingredients

1/4 cup soy sauce

1/4 cup rice vinegar

2 Tablespoons sesame oil

1 teaspoon chili flakes (optional)

Instructions for Kids

Combine soy sauce, vinegar, sesame oil and chili flakes in a small bowl. Use for dipping cooked dumplings!

**Stir Fried Japanese Noodles Recipe**

Yield: 2 cups

Ingredients

1/2 Tablespoon olive oil

4 cloves garlic, roughly chopped

1 small carrot, thinly sliced

1/4 onion, thinly sliced

1 teaspoon sesame oil

1 packet 7 oz udon noodles (thick rice noodles)

1 teaspoon soy sauce, or to taste

1/2 teaspoon fish sauce, or to taste

2 bunches greens (bok choy or choi sum), individual leaves separated

1 egg, beaten

2 Thai bird’s eye chilies, sliced finely (optional)

1 Tablespoon soy sauce (optional)

Instructions for Adults

Assist with supervision of safe knife skills and stovetop.

Instructions for Kids

* In a sauté pan, stir fry the garlic in olive oil over medium heat. After a minute, add the carrot and onion slices. Stir fry for another 2-3 minutes until the carrots have softened.
* Add the sesame oil and the udon noodles. Use chopsticks to loosen up the udon in the pan. Stir fry for another 3 minutes until the udon noodles have softened. Add soy sauce and fish sauce to the mixture.
* Add the greens and stir fry for about 2-3 minutes until vegetables are cooked but still green and crunchy.
* Remove the noodles and vegetables and place in a bowl. In the same pan, add the beaten egg. When it’s almost cooked, toss in the noodles and vegetables. Break apart the egg and toss everything together.
* Optional: Place sliced Thai bird’s eye chilies in a small sauce dish. Add a tablespoon of soy sauce. Dip the noodles and vegetables in the spicy soy sauce to add a kick to your dish!

**Zucchini Noodle Salad Recipe**

Yield: 6 cups

Ingredients

4 zucchini, ends removed

1 cup sungold cherry tomatoes, cut in half

1 cup black beans

1/4 cup salsa

1/4 cup olive oil

1/4 cup feta cheese, crumbled

Instructions for Adults

Set up spiralizer with narrow blade to create thin noodles.

Instructions for Kids

* Use a knife to cut ends off zucchini. Set aside.
* Slice cherry tomatoes in half. Set aside.
* With the help of an adult, fit one zucchini onto prongs of spiralizer. Turn crank of the spiralizer to create zucchini noodles. Repeat with each zucchini.
* Place all zucchini noodles in a bowl. Add cherry tomatoes, black beans, olive oil, and salsa. Top with feta cheese.

**Minted Watermelon Cucumber Salad Recipe**

Yield: 4-6 cups salad

Ingredients

1/2 medium watermelon, cut in 1/2” cubes

2 cucumbers, cut in 1/2” cubes

8 sprigs mint

1 lime, cut in half

Instructions for Adults

Use a large knife to cut the watermelon into quarters.

Instructions for Kids

* Cut the watermelon and cucumbers into cubes and place in a large serving bowl.
* Use your hands to tear mint leaves into tiny pieces.
* Add to the watermelon and cucumber.
* Squeeze both halves of the lime over the ingredients in the bowl.
* Stir gently to mix. Serve and enjoy!

**Elote Salad Recipe**

Yield: 2 to 2 1/2 cups

Ingredients

3 ears of corn on the cob

1/4 cup sour cream or Mexican crema

1/4 cup fresh cilantro

Juice of 1 lime

1 teaspoon chili powder, optional

1/2 teaspoon ground black pepper

1/4 teaspoon ground oregano

2 Tablespoons grated cotija cheese

Instructions for Adults

Assist children with safe use of stovetop.

Instructions for Kids

* Shuck the ears of corn. Using metal tongs, place one ear of corn at a time on the stovetop with the burner at medium heat. Leave the corn to roast for about 2-3 minutes. You will begin to smell the sweet kernels and hear popping, almost like popcorn. The corn will begin to blacken. Now, turn the corn to cook on the opposite side, also for 2-3 minutes. Repeat with remaining cobs. Remove the corn cobs and allow them to cool for about 5 minutes.
* While the corn cools, chop or tear the cilantro. Add to a large mixing bowl.
* In the same bowl, use a butter knife to scrape the cooled corn kernels from the cob and into the bowl. (Tip: watch our video to see this technique in action!)
* Measure and add the sour cream or crema, cilantro, lime juice, chili powder (if using), black pepper, oregano, and cotija cheese. Stir to combine the ingredients. Enjoy!

**Brown Rice & Kale Salad Recipe**

Yield: 1 1/2 cups

Ingredients

1 cup cooked brown rice

1/4 cup kale, shredded (or any seasonal leafy greens)

1/4 cup carrots, grated

1 Tablespoon green onion

3 sprigs cilantro, finely chopped (optional)

1/4 cup Honey Soy Dressing

Instructions for Adults

Supervise and help where needed.

Instructions for Kids

* Use plastic knives or hands to tear kale, green onion, and cilantro into small pieces. Place in a small bowl.
* Use a box grater to shred carrots and add them to the other vegetables.
* In a large bowl, mix the rice and all the veggies.
* Add Honey Soy Dressing and mix to combine.
* Serve and enjoy!

**Soba Noodle Salad Recipe**

Yield: 6-8 cups

Ingredients

13 ounces of dried soba noodles

1 cup seasonal vegetables, cut into small pieces\*

1 cucumber, sliced thinly

5 green onions, chopped

1 small bunch cilantro, chopped - about 1/2 cup

1 carrot, grated - about 1 cup

1/2 head of small cabbage, shredded - about 2 cups

1 cup of Sesame Lime Dressing

\*seasonal vegetable options: 2 zucchini in summer, 2 red bell peppers in fall

Instructions for Adults

* Bring a large pot of water to a boil, add dried soba and boil according to package directions, or until noodles are soft. Stir occasionally.
* Drain noodles and rinse under cold water. Set aside.

Instructions for Kids

* Slice zucchini, cucumber, green onions, and cilantro. Set aside.
* Using the large holes on your grater, grate 1 cup of carrot and half the head of cabbage. Set aside.
* In a large mixing bowl, put cooked soba noodles, zucchini, cucumber, green onion, carrot, and cabbage together.
* Pour Sesame Lime Dressing over ingredients and toss together until combined. Serve immediately and enjoy!

**Sesame Lime Dressing Recipe**

Yield: 1 scant cup dressing

Ingredients

1 clove of garlic, finely minced

2 teaspoons sesame oil

1/3 cup rice vinegar

1/3 cup soy sauce

2 Tablespoons honey

Juice and zest from 1 lime

Instructions for Adults

Help kids measure recipe ingredients.

Instructions for Kids

* Use a food chopper or knife to mince garlic.
* Measure and pour sesame oil, rice vinegar, soy sauce into a clean jar with a tight fitting lid.
* Add minced garlic, lime juice, and lime zest.
* Seal jar completely with lid, and shake vigorously until ingredients are well combined.

**Chile Lime Street Corn Recipe**

Yield: 4 ears of corn

Ingredients

4 ears sweet corn, shucked

1/4 cup olive oil

1 Tablespoon chili powder

1 Tablespoon dried oregano

1 Tablespoon ground black pepper

1 teaspoon salt

1 lime, cut into wedges

Instructions for Adults

* Turn on stovetop burner to medium. Using a pair of tongs, place each ear of sweet corn on the hot stovetop, turning every 1-2 minutes, until corn makes a popping noise and begins to char evenly on all sides.
* Remove cooked corn from stovetop and allow to cool about 5 minutes, until cool enough to be touched by children.

Instructions for Kids

* Measure olive oil, chili powder, oregano, black pepper and salt and place separately into small bowls.
* Dip a pastry brush into the olive oil and brush each ear of corn to coat. Lay the corn on a large, flat platter. Pinch each of the spices and sprinkle onto the corn, turning to coat all sides.
* Repeat until you’ve used as many of the spices as you wish. Finish by squeezing 1 lime wedge over each ear of corn.
* Serve warm.

**Peruvian Green Dip**

Yield: 2 cups sauce

**Ingredients**

1 jalapeño pepper, quartered and stem removed

1 clove garlic, peeled

1/2 cup mayonnaise

1 teaspoon olive oil

Juice from one lime

1/4 of a large head of romaine lettuce, roughly chopped, tough ends removed

1 cup cilantro leaves

3 whole green onions, roughly chopped, roots removed

Salt to taste

**Instructions for Adults**

Assist with safe assembly of food processor or blender.

**Instructions for Kids**

* Combine all of the above ingredients in a food processor until well blended and creamy.
* Tips: Use this sauce as a dip with veggies slices, or as a sauce on tacos and sandwiches.