



## **Corny Veggie Mac 'n Cheese Cups with Crispy Savory Streusel + Classic Pink Lemonade**

By Erin Fletter

**Prep Time** 35 / **Cook Time** 25 / **Serves** 4 - 6

### **Shopping List**

#### FRESH AND FROZEN

1 1/4 C raw veggies, chopped or grated (choose 2 or 3: broccoli, cauliflower, carrot, sweet potato, parsnip)

3 lemons

3/4 C frozen corn

#### DAIRY AND EGGS

2 eggs **\*\* (see allergy subs below) \*\***

4 T butter **\*\* (see allergy subs below) \*\***

1/4 C heavy cream **\*\* (see allergy subs below) \*\***

1 1/2 C grated cheddar, Gouda, or Colby-Jack cheese **\*\* (see allergy subs below) \*\***

#### PANTRY

1 C uncooked macaroni or other small, shaped noodles **\*\* (see allergy subs below) \*\***

2 3/4 tsp salt

1/4 tsp ground nutmeg

1/4 tsp garlic or onion powder (or 1 fresh garlic clove)

1/4 tsp ground pepper

oil to grease the pan, if not using paper cupcake liners

1/4 C Italian or panko bread crumbs **\*\* (see allergy subs below) \*\***

- 1/4 C all-purpose flour **\*\*(see allergy subs below)\*\***
- 1 C cranberry juice
- 1/2 C sugar
- VEGAN Mac 'n Cheese Cups:
- paper cupcake liners
- 1 C uncooked macaroni or other small, shaped noodles **\*\*(see allergy subs below)\*\***
- 3 1/4 tsp salt
- 1 1/4 C raw veggies, chopped or grated (choose 2 or 3: broccoli, cauliflower, carrot, sweet potato, parsnip)
- 1/2 lb silken tofu **\*\*(see allergy subs below)\*\***
- 1/4 tsp ground nutmeg
- 1/4 tsp garlic or onion powder (or 1 fresh garlic clove, minced)
- 1/4 tsp ground black pepper
- 1 tsp lemon juice
- 1 T olive oil
- 1/2 C nutritional yeast
- 3/4 C frozen corn
- 1/4 C Italian or panko bread crumbs **\*\*(see allergy subs below)\*\***
- 1/4 C all-purpose flour **\*\*(see allergy subs below)\*\***
- 2 T olive oil
- HAVE ON HAND
- 3 C warm water
- 2 C cold water
- ice

## **Fun-Da-Mentals Kitchen Skills**

**bake:** to cook food with dry heat, as in an oven.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

**brine:** to soak in salted water.

**mince:** to chop into teeny tiny pieces.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**sprinkle:** to scatter small drops or particles of an ingredient evenly or randomly over food.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**brine:** to soak in salted water.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**mince:** to chop into teeny tiny pieces.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**sprinkle:** to scatter small drops or particles of an ingredient evenly or randomly over food.

**scoop:** to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

**slice:** to cut into thin pieces using a sawing motion with your knife.

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

## Equipment

- Oven
- Muffin pan
- Paper cupcake liners (optional)
- Medium pot or large mixing bowl
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Colander or strainer

- Cutting board
- Kid-safe knife
- Grater
- Whisk
- Ice cream scoop or spoon
- Paper cupcake liners
- Blender (or large bowl + immersion blender)
- Colander
- Pitcher
- Citrus squeezer (optional)
- Wooden spoon

## Ingredients

### Corny Veggie Mac 'n Cheese Cups with Crispy Savory Streusel

- 1 C uncooked macaroni or other small, shaped noodles **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free noodles)**\*\***
- 3 C warm water
- 2 tsp salt
- 1 1/4 C raw veggies, chopped or grated (choose 2 or 3: broccoli, cauliflower, carrot, sweet potato, parsnip)
- 2 eggs **\*\***(for EGG ALLERGY sub 2 to 3 extra T heavy cream or dairy-free/nut-free heavy cream)**\*\***
- 2 T butter
- 1/4 tsp ground nutmeg
- 1/4 tsp garlic or onion powder (or 1 fresh garlic clove, minced)
- 1/2 tsp salt
- 1/4 tsp ground pepper
- 1/4 C heavy cream **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free heavy cream)**\*\***
- 1 1/2 C grated cheddar, Gouda, or Colby-Jack cheese **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free cheese shreds)**\*\***

- 3/4 C frozen corn
- oil to grease the pan, if not using paper cupcake liners
- Veggie streusel:
- 1/2 C reserved minced veggies (from veggies for Mac 'n Cheese Cups)
- 1/4 C Italian or panko bread crumbs **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free bread crumbs)**\*\***
- 1/4 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- 2 T butter **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free butter or olive oil)**\*\***
- 1 pinch salt

### VEGAN Corny Veggie Mac 'n Cheese Cups with Crispy Savory Streusel

- 1 C uncooked macaroni or other small, shaped noodles **\*\***(for CELIAC/GLUTEN ALLERGY sub 1 C gluten-free/nut-free noodles)**\*\***
- 3 C warm water
- 2 tsp salt
- 1 1/4 C mixed raw veggies (choose 2 or 3: broccoli, cauliflower, carrot, sweet potato, parsnip)
- 1/2 lb silken tofu **\*\***(for SOY ALLERGY sub 1/2 can white beans, if no legume allergy)**\*\***
- 1/4 tsp ground nutmeg
- 1/4 tsp garlic or onion powder (or 1 fresh garlic clove, minced)
- 1 tsp salt
- 1/4 tsp ground black pepper
- 1 tsp lemon juice
- 1 T olive oil
- 1/2 C nutritional yeast
- 3/4 C frozen corn
- Veggie streusel crust:
- 1/2 C reserved minced veggies (from veggies for Mac 'n Cheese Cups)
- 1/4 C Italian or panko bread crumbs **\*\***(for CELIAC/GLUTEN ALLERGY sub 1/4 C gluten-free/nut-free bread crumbs)**\*\***
- 1/4 C all-purpose flour **\*\***(for CELIAC/GLUTEN ALLERGY sub 1/4 C gluten-free/nut-free all-purpose flour)**\*\***

2 T olive oil

1 pinch salt

## Classic Pink Lemonade

3 lemons

2 C cold water

1 C cranberry juice

1/2 C sugar

ice

## Food Allergen Substitutions

### Corny Veggie Mac 'n Cheese Cups with Crispy Savory Streusel

**Gluten/Wheat:** Substitute gluten-free/nut-free noodles for macaroni. Substitute gluten-free/nut-free all-purpose flour. Substitute gluten-free/nut-free bread crumbs.

**Dairy:** Follow **VEGAN Corny Veggie Mac 'n Cheese Cups** recipe.

### VEGAN Corny Veggie Mac 'n Cheese Cups with Crispy Savory Streusel

**Celiac/Gluten/Wheat:** For 1 C uncooked macaroni or other small, shaped noodles, substitute 1 C gluten-free/nut-free noodles. For 1/4 C Italian or panko bread crumbs, substitute gluten-free/nut-free bread crumbs. For 1/4 C all-purpose flour, substitute 1/4 C gluten-free/nut-free all-purpose flour.

**Soy:** For 1/2 lb silken tofu, sub 1/2 can white beans (if no legume allergy).

### Classic Pink Lemonade

## Instructions

### Corny Veggie Mac 'n Cheese Cups with Crispy Savory Streusel

preheat + brine + mince + grate

Preheat the oven to 350 F. In a medium-sized pot or large mixing bowl, soak **1 cup uncooked macaroni** in **3 cups warm water** with **2 teaspoons salt** for 10 to 20 minutes. Chop or grate your choice of vegetables to total about **1 1/4 cups veggies** (reserving 1/2 cup for the Crispy Savory Streusel). Chop the veggies into tiny pieces! If using carrot, sweet potato, or parsnip you can grate them.

### whisk + drain + mix

Crack and whisk **2 eggs** in a mixing bowl. Grate **2 tablespoons of butter**. Add the grated butter to the eggs, then measure and mix in **1/4 teaspoon nutmeg, 1/4 teaspoon garlic, 1/2 teaspoon salt, 1/4 teaspoon black pepper, 1/4 cup heavy cream**, and **1 1/2 cups grated cheddar cheese**. Drain the noodles in a colander and add to the egg mixture along with **3/4 cup frozen corn** and **3/4 cup of the minced veggies**, then mix again.

### grease + scoop

Grease a muffin pan (or use paper cupcake liners) and scoop the Mac 'n Cheese into the wells. (Note: We tested the Cups with and without cupcake liners and loved the crispy, golden brown crust that formed when we didn't use them. It's up to you whether or not you want to use them.)

### measure + mix + sprinkle

Next, we'll make the veggie streusel! Into a mixing bowl, measure and add **1/2 cup of the reserved minced veggies, 1/4 cup bread crumbs, 1/4 cup flour, 2 tablespoons butter**, and **1 pinch of salt**. Mix with clean hands until a crumbly texture forms. Sprinkle the Crispy Savory Streusel evenly over the Corny Veggie Mac 'n Cheese Cups just before baking for about 20 to 25 minutes, or until the cheese has melted and the tops are golden brown. Enjoy!

## VEGAN Corny Veggie Mac 'n Cheese Cups with Crispy Savory Streusel

### preheat + brine + mince

Preheat the oven to 350 F. In a medium-sized pot or large mixing bowl, soak **1 cup uncooked macaroni** in **3 cups warm water** with **2 teaspoons salt** for 10 to 20 minutes. Chop your choice of **veggies** to total about 1 1/4 cups, reserving 1/2 cup for the Crispy Savory Streusel. Chop the veggies into tiny pieces! If using carrot, sweet potato, or parsnip, you can grate them.

### measure + blend

In a blender (or large bowl for use with an immersion blender), measure and add **1/2 pound silken tofu, 1/4 teaspoon nutmeg, 1/4 teaspoon garlic or onion powder, 1 teaspoon salt, 1/4 teaspoon black pepper, 1 teaspoon lemon juice, 1 tablespoon olive oil**, and **1/2 cup nutritional yeast**. Blend until smooth and pour into a large bowl.

### drain + mix + line + scoop

Drain the soaked noodles in a colander, then add and mix them into the blended sauce. Mix in **3/4 cup frozen corn** and **3/4 cup chopped veggies**. Line the wells of a muffin pan with paper cupcake liners. Then, scoop the Vegan Mac 'n Cheese mixture into each well of the pan.

### mix + sprinkle

Next, we'll make the veggie streusel! In a mixing bowl, measure and add **1/2 cup reserved minced veggies, 1/4 cup bread crumbs, 1/4 cup flour, 2 tablespoons olive oil**, and **1 pinch of salt**. Mix the

ingredients with clean hands until a crumbly texture forms. Sprinkle the Crispy Savory Streusel evenly over the VEGAN Corny Veggie Mac 'n Cheese Cups just before baking for about 20 to 25 minutes, or until the tops are golden brown. Enjoy!

## Classic Pink Lemonade

### wash + roll

Have kids wash their hands, then roll **3 lemons** to make them easier to juice!

### slice + juice + mix

Slice the lemons in half and squeeze their juice into a pitcher. Add **2 cups cold water**, **1 cup cranberry juice**, and **1/2 cup sugar**. Mix until sugar is dissolved, then pour over ice and enjoy!

## Featured Ingredient: Corn!

Hi, my name is Maizy, and I'm an ear of corn!

"I'm pretty close to my dad—his name's Pop Corn. (I know, my humor can be kind of corny ... but, that's me!) I'm great to eat on the cob, either boiled or grilled, especially at summer picnics. If you buy me in a store, make sure my husk is still on and pull it back just a bit. My kernels should look fresh, plump, and juicy! (A kernel might just squirt liquid when poked or eaten!) So, how do you eat corn on the cob? Across, down, or both?"

### History

Corn was first cultivated by indigenous people in southern Mexico anywhere from 7 to 10,000 years ago. Corn is unique: most vegetables and fruits we eat today are domesticated versions of wild plants humans discovered long ago. Corn is a human invention and did not exist in the wild first, although it did start from a wild grass called "teosinte." Teosinte didn't look like modern corn on the cob looks today. The kernels were much smaller and further apart.

Corn was known as "maize" by Native Americans in South and North America, and they eventually depended upon this crop for food. Over time, maize was selected to have more kernels, bigger cobs, and more kernel rows.

Many Native American tribes tell the story of the origin of corn. Tribes preserved their tales and retold them over many generations. They passed down stories through oral tradition, writing down only some of the stories. According to Native American lore, corn came to Earth by various routes.

When Spanish explorers arrived in the Americas, they had never seen corn before, among many other things the indigenous people showed them.

Corn is produced on every continent in the world except Antarctica! As a result, corn and cornmeal are staple foods of many regions.

Native Americans used to braid corn husks to make masks, moccasins, sleeping mats, baskets, and dolls.

Today, corn is in many products we use daily. Cornstarch is used to thicken sauces, to strengthen the fabric

used to make clothing, and to bind books. Soft drinks are sweetened with corn syrup, chickens and cows are fed corn, and the ink in pens is made from corn oil. Corn is used to make glue, shoe polish, marshmallows, ice cream, and makeup. Corn is also used to produce ethanol—a liquid biofuel used to power cars.

Corn comes in many colors, including black, blue-gray, purple, green, red, white, and yellow.

The six main types of corn are: "Sweet" corn is the kind we eat. "Dent" corn is fed to cows and chickens.

Another variety is "Popcorn," a popular snack food. Its hard kernels inflate and burst open when heated.

"Flint" or "Indian" corn is multicolored and often used for Thanksgiving decoration, although it's also used to make popcorn and blue and red corn chips and tortillas. "Pod" corn (or wild maize) is a mutated type of corn that grows glumes (leaf structures) around each kernel and is used for ornamental purposes. Finally, "Flour" corn is mainly used to make corn flour (that makes sense!).

The early settlers to North America considered corn so valuable they used it as currency to trade for other products such as meat and furs.

## Anatomy & Etymology

Corn is a tall plant grass that has large ears with many seeds or kernels.

Most corn plants have a single stalk. The stalk grows vertically up from the ground, and the variety of corn and the plant's environment will determine how tall it grows.

Corn plants have both male and female parts—the name for this type of plant is "monoecious." The male part, the tassel, emerges at the top of the plant when all the leaves have formed. The tassel contains many branches that house many small male flowers. The female part of the corn plant is the silk that grows out of the ear. The immature ear consists of a cob, eggs that develop into kernels after pollination, and silks. One corn plant will produce more than one ear of corn, with the ear at the top of the plant usually growing the largest.

According to the USDA, corn can be used as a grain or a vegetable, depending on when it is harvested. If corn is fully mature and becomes dry, it is considered a grain. It can then be ground into cornmeal or corn masa, which you'll find in corn tortillas, cornbread, etc. Popcorn kernels are also whole grains that are harvested when mature. Corn on the cob and the corn kernels found in frozen or canned corn are picked when the kernels are soft and full of water. In these forms, corn is considered a starchy vegetable.

One ear of corn has, on average, as many as 800 kernels in 16 rows! Corn will always have an even number of rows on each cob. Each kernel can potentially become a new plant!

The word for "corn" that is used by most of the world is "maize," which comes from the Spanish word "maiz."

## How to Pick, Buy, & Eat

Fresh corn on the cob is seasonal during July and August. Choose ears of corn with yellow or white niblets and inspect each ear of corn before buying. Avoid any corn that has dark or dried spots. Store fresh corn in

the fridge until ready to use.

Frozen corn is a great alternative when fresh corn isn't in season. You don't have to thaw frozen corn before adding it to baked recipes, soups, pasta, chili, or risotto! However, if adding frozen corn to sautéed recipes, run a colander of frozen corn under warm water to thaw it out a bit first.

Sauté frozen corn rather than boiling it—boiling will destroy all the flavor! Butter, salt, and pepper are all you need. When sautéing corn, add the salt right at the end. Since salt draws out moisture, salting too soon will dry out your corn.

Frozen corn tastes fresher than canned corn. Many grocery stores even sell frozen cobs of corn. Frozen corn will keep for months.

## Nutrition

Phosphorous is a mineral the body uses to build strong bones. Phosphorus also helps the body to produce energy. Starches in corn also provide you with long-lasting energy.

Fiber helps to keep our inner pipelines clean and clear. Drinking plenty of water helps move fiber through our intestines to clean them out! Vegetables, fruit, and grains have the most fiber of any food. Fiber is also important for our hearts! Leaving on the edible peels of vegetables and fruits also helps us to eat more fiber.

Potassium helps balance water in the body when eating salty foods by maintaining normal fluid levels inside our cells. Salt or sodium regulates the fluid outside of our cells. It is also necessary for proper muscle contraction, nerve transmission, and better blood pressure.