



## Sweet Pea Zucchini Slaw

By Erin Fletter

**Prep Time 5 / Cook Time / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

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

**chop:** to cut something into small, rough pieces using a blade.

**dice:** to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

**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).

**toss:** to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

### Equipment

- Medium bowl
- Small bowl
- Cutting board
- Kid-safe knife
- Grater
- Dry measuring cups
- Measuring spoons
- Whisk

## Ingredients

### Sweet Pea Zucchini Slaw

- 1 to 2 fresh zucchini
- 1/2 C fresh or frozen and thawed peas
- Dressing:
  - 2 T olive oil
  - 1 lime, juiced
  - 2 T granulated sugar, brown sugar, or honey (or 3 stevia packets)
  - 1/2 T salt
  - 1 pinch fresh thyme leaves

## Food Allergen Substitutions

### Sweet Pea Zucchini Slaw

## Instructions

### Sweet Pea Zucchini Slaw

#### chop + dice + grate

The idea here is to have small bits of **1 to 2 fresh raw zucchini** in a very tasty salad! Have kids choose the best way they think they can get the smallest bits into a medium bowl. Will the kids decide to chop, dice, or grate the zucchini into little bits?

#### measure + add

Have kids measure **1/2 cup of peas** and add them to the zucchini.

#### slice + squeeze

Slice **1 lime** in half and squeeze out all the juice into a small bowl.

#### scrumptious science

Making salad dressing can be a little tricky. The density of oil and all the other ingredients is so different that they won't stay combined. You will notice that oil-based dressing separates into its original ingredients. To fix this issue, you will create an emulsion or combination of two ingredients that don't naturally stay combined. There are three kinds of emulsions: temporary (salad dressing), semi-permanent (e.g., Hollandaise sauce), and permanent (e.g., mayonnaise). By whisking the ingredients, you can create

the most temporary form of an emulsion. The whisk incorporates friction (the force created when two things rub together), forcing the oil and vinegar or lemon or lime juice to combine for enough time to drizzle over your salad.

### measure + whisk + toss

Have kids measure **2 tablespoons olive oil, 2 tablespoons honey, 1/2 tablespoon salt**, and **1 pinch of fresh thyme leaves** into the small bowl of lime juice. Whisk the dressing ingredients together for 20 seconds and pour over the vegetable slaw. Toss together and pop it into the refrigerator until you are ready to eat!

## Featured Ingredient: Zucchini!

Hi! I'm Zucchini!

"I'm very fond of summer, aren't you? After all, I'm a summer squash! I have beautiful, tender green skin, so don't peel it off before cooking, or you'll lose some of my fiber and nutrients. I may be a small gourd, but you wouldn't like my taste as much if I got too big. You can do all sorts of things with me to fit your recipes: slicing, dicing, grating, and even making spaghetti-like noodles out of me using a vegetable peeler or a fancy device called a spiralizer!"

### History

Zucchini (*Cucurbita pepo*) is a summer squash of the same family that includes cucumbers and melons. Summer squash is a squash that is picked when immature, while its peel is still tender. Like many other veggies we've seen, zucchini is technically a fruit, not a vegetable! Central and South American people have been eating zucchini for several thousand years. However, the zucchini we know today is an Italian variety of summer squash developed from those of native Central and South America. Christopher Columbus brought squash seeds to the Mediterranean region and Africa. The Native American word for zucchini is "skutasquash," which means "green thing eaten raw."

### Anatomy & Etymology

Zucchini grow on vines just like cucumbers do. Zucchini plants produce male and female flowers on the same plant, with the female flowers directly attached to the fruit and the male flowers attached to a long stem on the plant. Therefore, insects must pollinate the plants for the fruit to grow. Zucchini can rapidly grow to several feet long, but the smaller ones taste sweeter. The record for the longest zucchini is 8 feet 3.3 inches. The heaviest zucchini was 64 pounds 8 ounces! It's "zucchini" in the US, Canada, and a few other countries. The word is a plural of the Italian "zucchini"

(masculine form—the feminine form, "zucchina" is preferred), which is a diminutive (smaller version) of "zucca" or "gourd."

In France, they say "courgette" (kooor-ZHET), which the British also use. It's a diminutive of the French "courage," which also means "gourd."

## How to Pick, Buy, & Eat

Harvesting zucchini when they're between 6 to 8 inches long and 3 to 4 inches in diameter ensures they will be more tender and sweet.

A "bumper crop" of zucchini is an overload of zucchini that grows faster than a home gardener can cook and eat it!

When buying zucchini, choose firm and heavy ones for their size. In addition, fresh zucchini should have bright, glossy skin free of bruises or nicks. Zucchini stay fresh for up to a week when stored in a plastic bag in the refrigerator.

Zucchini is very versatile, and you can use them in both savory and sweet dishes, like ratatouille and zucchini bread.

Fresh zucchini blossoms can be cooked and eaten raw. You can remove the pistils from the female flower blossoms and the stamens from male flower blossoms, but you don't have to. Both have flavor and are edible.

## Nutrition

Potassium: helps reduce blood pressure and increase blood flow to and from our hearts.

Manganese: helps wounds heal and bones grow.

Antioxidants: help keep us healthy and healing faster when we're sick.

Fiber: helps us digest our food and absorb nutrients from our food.