

farmers' market macaroni salad



boil

Pre-cook **1 lb of dried elbow macaroni** (or substitute brown rice pasta) in boiling, salted water. After macaroni is cooked, rinse with cold water and drain. Drizzle cooled olive oil over macaroni to avoid pasta sticking together. Set to the side.

measure+slice

Have kids slice **1 small clove of garlic** & **3 green onions** add to a small bowl – they will be sautéed together later. Have kids measure out the **1 T salt**, **¼ T black pepper**, **¼ cup of apple cider vinegar**, **¼ cup of honey** and **¾ cups of olive oil** in a blender. Set to the side. This is the dressing for the macaroni salad!

sauté+blend

Grown Ups: Heat **1 tsp of olive oil** in a large skillet until hot. Add all of green onions and the garlic. Cook until the onions soften, and the garlic begins to take on some color, about 4 minutes. Remove from heat and let cool for one minute. Add the sautéed green onions & garlic into blender with the vinegar & oil dressing. Puree together for one full minute or until the dressing looks thick and creamy. Pour over macaroni and toss.

grate+chop+tear

Using a cheese grater have kids grate **1 zucchini** & **1 carrot** and add grated veggies to the cooled pasta bowl. Chop up **1 granny smith apple (skin on!)** and add to pasta. Have kids tear up **1 ½ cups of fresh spinach** with their fingers and add to the macaroni bowl. Add **2 ½ cups of grated mozzarella cheese** (or substitute soy cheese) Toss the pasta, cheese, fruit, veggies and dressing together. **EAT!**

fun food facts:

Zucchini is a member of the cucumber and melon family. Zucchini are a great source of vitamins A and C and potassium. Sometimes you eat zucchini for dessert... Ever had zucchini bread?!

What kind of vegetable likes to look at animals? A zoo-chini!



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