

# zucchini risotto cakes + kid-made cranberry sauce

**This recipe is fun to make and is very healthy! A recipe fit for a Super- Hero!** Risotto is an Italian dish of rice cooked in broth to a creamy consistency; many kinds include parmesan cheese, butter, and onion. It is one of the most common ways of cooking rice in Italy. In our Sticky Fingers Cooking recipe, we will forgo the lengthy cooking process and add kid friendly cheddar cheese and egg whites to make our risotto cakes pack a power punch of protein. We will also serve it with some yummy fall-food flair – kid cranberry sauce! **Have fun and happy cooking–Erin**

## pre-step

Make sure that you have at least **2 cups of Pre-Cooked Brown Rice** on hand... This recipe is PERFECT for that extra rice from your last Asian takeout meal!

## beat+fold+bake

Have kids beat the 6 egg whites until stiff peaks using electric beaters or whisks. Have kids fold the whipped egg whites into pumpkin mixture until just combined - folding in gently but thoroughly. Spoon batter into ramekins, filling almost to top, and ask kids to lightly run finger around inside rim of the ramekins to create a "moat."

**Grown-ups:** Place ramekins in large baking pan. Place baking pan on middle oven rack and add hot water around ramekins to depth of 1 inch. Bake until souffles have risen well above rim and tops are golden brown, about 25 minutes. Serve immediately!

## grate

Grate **1 zucchini** on a cheese grater and have kids squeeze out the excess liquid with their (clean!) hands over a large bowl or a sink. Then grate **1-½ C of cheddar cheese**. Set the squeezed zucchini and grated cheese to the side.

## measure+mix

Have kids measure **2 C of the pre-cooked brown rice**; **3 T flour**, **1 tsp of salt** and **½ tsp pepper** into medium bowl. Add the squeezed zucchini and the grated cheese. Mix together well and set to the side.

## crack+fold+fry

Have kids crack and separate **3 eggs**. Use all **3 egg whites**, combine with **1/8 tsp cream of tartar** and whisk in a small bowl until stiff but not dry. Gently fold the beaten egg whites into rice mixture. Spoon 2 T of this 'batter' into your hands to form each risotto patty; **Grown-ups:** Fry patties until golden brown in a pre-heated skillet with 2 T olive oil. Flip and cook on the other side. Let cool for 5 minutes before serving.

[continued]



Mixing & Measuring & Knife Skills, Oh My!

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# pour+zest+POP+eat

While the grown-ups fry up the risotto cakes, have the kids pour out **½ of a 12 ounce package fresh cranberries**, **¾ cup honey** and **½ cup orange juice** into a sauce pan. With a fine cheese grater or microplane zest the peel of **1 orange** and add to the cranberries. Have kids chop up the zested orange and squeeze the juice on top of the cranberries. Add a **big pinch of Pumpkin Pie spice** and a **small pinch of salt** to the cranberries. Cook the cranberries over medium high heat, stirring every few minutes until the cranberries P-O-P! Let cool... **Spoon the on top of the brown rice risotto cakes and EAT! "Manga Bene" Eat Well!**

## fun food facts:

### Cranberries!

- ★ **The Cranberry plant** is a close relative of the blueberry and the bilberry.
- ★ **Cranberries are a good source of resveratrol** - which is found in blueberries, bilberries, peanuts, yucca, grapes and Japanese knotweed. It makes your body work better and gives you energy!
- ★ **The cranberry is one of only a small handful of fruits** native to North America. Other NATIVE FRUITS include the blueberry and Concord grape.
- ★ **The cranberry gets its name** from Dutch and German settlers, who called it "crane berry." When the vines bloom in the late spring and the flowers' light pink petals twist back, they have a resemblance to the head and bill of a crane. Over time, the name was shortened to cranberry.
- ★ **During the days of wooden ships and iron men**, American vessels carried cranberries. Just as the English loved limes, American sailors craved cranberries. It was the cranberry's generous supply of vitamin C that prevented scurvy.
- ★ **Native Americans used cranberries** to make a survival cake known as pemmican. They also used the fruit in dyes.
- ★ **Legend has it** that the Pilgrims may have served cranberries at the first Thanksgiving in 1621 in Plymouth, Massachusetts.
- ★ **Contrary to popular belief**, cranberries do not grow in water. They are grown on sandy bogs or marshes. Because cranberries float, some bogs are flooded when the fruit is ready for harvesting.
- ★ **Did you know** that there are 440 cranberries in one pound? 4,400 cranberries in one gallon of juice? 440,000 cranberries in a 100-pound barrel?

**Knock Knock.** Who's there? **Norma Lee.** Norma Lee who? **Norma Lee I don't eat this much cranberry sauce! But it is SO GOOD!**



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