



## **Cadette New Cuisines Badge: Watermelon Poke Bowls + Panzanella Salad + Banana Cupcakes**

By Erin Fletter

**Prep Time** 65 / **Cook Time** 25 / **Serves** 4 - 6

### **Shopping List**

☐ FRESH

☐ 2 green onions

☐ 3 garlic cloves

☐ 1/2 medium watermelon

☐ 1 small cucumber

☐ 1/2 ripe avocado

☐ 1 small carrot, grated

☐ 2 C cherry tomatoes **\*\*(see allergy subs below)\*\***

☐ 2 sprigs fresh basil leaves

☐ 3 very ripe bananas (yellow with brown flecks) + 1 all-yellow banana

☐ 1 orange

☐ BREAD

☐ 3 C torn crusty baguette bread, about 1/2 large baguette **\*\*(see allergy subs below)\*\***

☐ DAIRY AND EGGS

☐ fresh mozzarella cheese, optional **\*\*(see allergy subs below)\*\***

☐ 1/2 C sour cream **\*\*(see allergy subs below)\*\***

☐ 2 extra-large eggs **\*\*(see allergy subs below)\*\***

☐ PANTRY:

☐ 1 1/2 C white short-grain rice

☐ 1 nori sheet **\*\*(see allergy subs below)\*\***

☐ 2 T sesame seeds **\*\*(see allergy subs below)\*\***

☐ 2 tsp salt

☐ 1 C granulated sugar

☐ 1 T soy sauce **\*\*(see allergy subs below)\*\***

☐ 4 tsp rice vinegar

☐ 2 T granulated sugar/honey/agave

☐ 2/3 C vegetable oil **\*\***

☐ 4 T olive oil

☐ 1/4 tsp ground black pepper

☐ 2 T red wine vinegar

☐ 3/4 C granulated sugar or brown sugar

☐ 1 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***

☐ 2 C all-purpose flour **\*\*(see allergy subs below)\*\***

☐ 1 tsp baking soda

☐ 1 handful chocolate chips, optional **\*\*(see allergy subs below)\*\***

☐ HAVE ON HAND

☐ 3 C water, for boiling rice

## Fun-Da-Mentals Kitchen Skills

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

**cube:** to cut into square-shaped, bite-sized pieces with an equal 1/3 to 1/2-inch length on all sides, slightly larger than diced.

**toast:** to brown and crisp food in a heated skillet or oven, or in a toaster.

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

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

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

**toast:** to brown and crisp food in a heated skillet or oven, or in a toaster.

**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.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

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

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

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

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

**zest:** to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

## Equipment

☐ Medium saucepan + matching lid

☐ Dry measuring cups

☐ Liquid measuring cup

☐ Colander

☐ Skillet

☐ Small bowl

☐ Measuring spoons

☐ Whisk

☐ Cutting board + kid-safe knife

☐ Grater

☐ Large skillet

☐ Cutting board

☐ Kid-safe knife

- ☐ Medium bowl
- ☐ Wooden spoon
- ☐ Large bowl
- ☐ Oven
- ☐ Muffin pan
- ☐ Paper cupcake liners (or nut-free cooking spray or oil to grease pan)
- ☐ Large mixing bowl
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Toothpicks

## Ingredients

### Hawaiian Rainbow Watermelon Poke Bowls + Steamed Rice

- ☐ 1 1/2 C white short-grain rice
- ☐ 3 C water
- ☐ 1 nori sheet **\*\*(Omit for SHELLFISH ALLERGY or sub roasted kale leaves)\*\***
- ☐ 2 T sesame seeds **\*\*(Omit for SESAME ALLERGY)\*\***
- ☐ 1/4 tsp salt
- ☐ 1/4 tsp sugar
- ☐ 2 green onions
- ☐ 1 garlic clove
- ☐ 1 T soy sauce **\*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***
- ☐ 4 tsp rice vinegar
- ☐ 1 1/2 T sugar/honey/agave
- ☐ 1 T vegetable oil
- ☐ 1/2 medium watermelon
- ☐ 1 small cucumber
- ☐ 1/2 ripe avocado
- ☐ 1 small carrot, grated

## Tasty Tomato Panzanella Salad

☐ Bread croutons:

☐ 3 C torn crusty baguette bread, about 1/2 large baguette **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free white bread)\*\***

☐ 2 T olive oil

☐ 1 pinch salt

☐ 1 pinch ground black pepper

☐ 2 garlic cloves

☐ Salad:

☐ 2 C cherry tomatoes **\*\*(for NIGHTSHADE ALLERGY sub chopped beets)\*\***

☐ 2 T red wine vinegar

☐ 2 T olive oil

☐ 1 tsp salt

☐ 1/2 tsp sugar/agave/honey

☐ salt and pepper, to taste

☐ 2 sprigs fresh basil leaves

☐ fresh mozzarella cheese, optional **\*\*(Omit for DAIRY ALLERGY or sub dairy-free/nut-free mozzarella shreds, like Daiya brand)\*\***

## Old Fashioned Banana Cupcakes

☐ 3 very ripe bananas (yellow with brown flecks) + 1 all-yellow banana to top cupcakes

☐ 3/4 C granulated sugar or brown sugar

☐ 1/2 C vegetable oil **\*\***

☐ 2 extra-large eggs, at room temperature **\*\*(for EGG ALLERGY sub 1 extra mashed banana + more—see below)\*\***

☐ 1/2 C sour cream **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free sour cream)\*\***

☐ 1 tsp pure vanilla extract **\*\*(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***

☐ 1 orange, zested

☐ 2 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***

- ☐ 1 tsp baking soda
- ☐ 1/2 tsp kosher salt
- ☐ 1 handful chocolate chips, optional **\*\***(for CHOCOLATE ALLERGY omit or sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)**\*\***

## Food Allergen Substitutions

### Hawaiian Rainbow Watermelon Poke Bowls + Steamed Rice

**Shellfish:** Omit nori seaweed or substitute roasted kale leaves for furikake.

**Nut/Sesame:** Omit sesame seeds.

**Gluten/Wheat:** Substitute coconut aminos for soy sauce.

**Soy:** Substitute coconut aminos for soy sauce.

### Tasty Tomato Panzanella Salad

**Gluten/Wheat:** Substitute gluten-free/nut-free white bread for baguette.

**Nightshade:** Substitute chopped beets for cherry tomatoes.

**Dairy:** Omit optional mozzarella cheese or substitute dairy-free/nut-free mozzarella shreds, like Daiya brand.

### Old Fashioned Banana Cupcakes

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil. Use Enjoy Life brand chocolate chips.

**Egg:** For 2 extra-large eggs, substitute an extra 1 mashed banana + 1/4 C sugar + 1/2 tsp baking soda, and decrease oil in recipe to 1/4 C.

**Dairy:** Substitute dairy-free/nut-free sour cream. Use Enjoy Life brand chocolate chips.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor. Substitute gluten-free/nut-free all-purpose flour.

**Nut:** Use Enjoy Life brand chocolate chips.

**Chocolate:** Omit optional chocolate chips or substitute carob chips.

## Instructions

### Hawaiian Rainbow Watermelon Poke Bowls + Steamed Rice

intro

Aloha! We are making Poke (poh-KAY) today! Usually poke is made with raw fish, but today we're making it with watermelon!

### measure + boil + simmer

Make the rice first! Rinse **1 1/2 cups of rice** in water until the water runs clear. Then drain well in a colander. Place the rinsed, drained rice in a pot with a tight-fitting lid and add **3 cups of water**. Over medium heat, cover and bring the water to a boil. Boil for about 2 minutes, reduce heat and simmer for another 5 minutes. Reduce heat to low and cook for about 15 minutes, or until water has been absorbed. Let the rice stand for 10 to 15 minutes while you make the rest of your poke bowls!

### tear + toast + whisk

Now it's time to make the "furikake," the dry Japanese seasoning sprinkled on cooked rice. Start by having kids tear **1 nori sheet** into tiny bits. Next, quickly toast the torn nori bits in a dry skillet on your stovetop over medium heat until it's darkened and crispy—be careful not to burn! Then place the toasted nori in a bowl and have kids add **2 tablespoons sesame seeds**, **1/4 teaspoon salt**, and **1/4 teaspoon sugar**. Whisk together until well combined and set to the side.

### chop + combine + marinate

Now it's time to make the dressing. Have kids chop **2 green onions** and **1 garlic clove** into the smallest bits possible and place them in a small bowl. Add **1 tablespoon soy sauce**, **4 teaspoons rice vinegar**, **1 1/2 tablespoons sugar**, and **1 tablespoon vegetable oil**. Whisk well while counting to 5 in Hawaiian: 1 `Ekahi (ey-KA-hee), 2 `Elua (ey-LOO-ah), 3 `Ekolu (ey-KOH-loo), 4 `Ehā (ey-HAH), 5 `Elima (ey-LEE-ma). Let the dressing sit to marinate the onions and garlic.

### cube + grate

It is finally time to make the poke! Cube **1/2 watermelon**, **1 cucumber**, and **1/2 avocado**. Then grate **1 carrot**. Place all of these fruits and vegetables into a large bowl.

### pour + toss + sprinkle

Pour on the dressing, as much as you like, and gently toss. Sprinkle the furikake on top and serve over your cooked rice. "'Ono" (oh-no) or "delicious" in Hawaiian!

## Tasty Tomato Panzanella Salad

### intro

"Benvenuto" or "Welcome" in Italian! We're making "panzanella" (PAHN-tsah-nehl-lah) or bread salad! We will tear basil leaves today instead of cutting them with a knife. Cutting breaks cell walls more, so herbs can discolor faster. If you want to try an experiment, rip some herbs and cut some herbs with a knife, wait a bit, then see, smell, and taste if there's a difference!

### slice + toss + drain

Slice **2 cups of cherry tomatoes** in halves or quarters and place them in a colander set over a bowl. Season with **1 teaspoon of salt** and toss to coat the tomatoes in the salt. This will get some of the juices out of the tomatoes and intensify the tomato flavor. Set the colander aside at room temperature to drain,

tossing occasionally, while you prepare the bread.

#### tear + drizzle + add

Have kids tear about 1/2 large baguette to yield **3 cups of crusty baguette bread** pieces and place the torn bread cubes in a large skillet on your stovetop. Drizzle bread cubes with **2 tablespoons of olive oil** and season with **1 pinch of salt** and **1 pinch of black pepper** to taste. Lightly toss the bread cubes to coat.

#### add + toast + cool

Add **2 peeled garlic cloves** to the skillet (you will take them out before serving the salad). Toast the bread in your skillet on medium heat for 2 to 5 minutes, stirring constantly, until croutons are golden brown and crunchy. Remove and discard the garlic cloves, take the toasted bread croutons from the skillet, and set them aside to cool.

#### mix + measure

Time to make the dressing! Mix and measure **2 tablespoons red wine vinegar**, **2 tablespoons olive oil**, and **1/2 teaspoon sugar** into the bottom of a large bowl and let kids whisk.

#### stir + tear

Have kids add the tomatoes to the bowl with the dressing and stir to combine. Allow the mixture to sit for at least 10 minutes. Have kids tear **2 sprigs of basil leaves** into little pieces directly into the bowl.

#### top + toss

Top the salad with the cooled and toasted bread. If using the optional mozzarella, have kids chop up the cheese and add to the salad. Toss and taste to adjust flavors if necessary. For an extra taste of basil, try drizzling our Best Basil Emulsion over your salad. "Buon appetito" or "Enjoy" in Italian!

## Old Fashioned Banana Cupcakes

#### preheat + chop + zest

Preheat your oven to 350 F. Have your kids chop up **3 very ripe bananas** into small pieces and add to a large mixing bowl for the cupcake batter. Then zest the peel of **1 orange**, being careful to grate only the orange part and not the pith (bitter white part). You'll use the zest in Step 3. Set the rest of the orange aside to juice for other recipes.

#### measure + whisk

Measure **3/4 cup sugar** and add it to the bowl with the chopped bananas. Whisk well until combined.

#### crack + combine

Crack **2 eggs** into the bowl with the sugar and bananas. Then add **1/2 cup vegetable oil**, **1/2 cup sour cream**, **1 teaspoon vanilla extract**, and the **orange zest**. Mix again until smooth.



### measure + mix

Time for the dry ingredients! In a new bowl, measure **2 cups flour**, **1 teaspoon baking soda**, and **1/2 teaspoon salt**. Whisk together and then add the dry ingredients to the wet ingredients. Mix until just combined. Stir in **1 handful of chocolate chips** if using.

### fill + bake

Line a muffin pan with paper liners or grease with oil or butter. Fill each well 2/3 full with batter. Bake for 20 to 25 minutes, or until a toothpick inserted in the center of a cupcake comes out clean. If you are topping the cupcakes with frosting, you can make it while you wait.

### cool + decorate

After removing the cupcakes from the oven, cool completely. Then spread frosting, like **Sour Cream Frosting**, thickly on top of each cupcake and decorate each with a slice from **1 banana**.

## Featured Ingredient: Watermelon!

Hi! I'm Watermelon!

"Don't you love Watermelon!? Then you must love me—I'm a watermelon! I might seem hard to get to know, but if you cut or break me open, you'll see I'm really sweet inside. I can add so much joy and refreshment to everything, too, like summer picnics and yummy recipes like this one!"

### History

Food historians think watermelon originated in the Kalahari Desert of Africa. However, the first recorded watermelon harvest was about 5,000 years ago in Egypt, illustrated on ancient walls in Egyptian hieroglyphics. From there, watermelon spread throughout countries along the Mediterranean Sea by way of merchant ships.

Watermelons were one of the items put in the tombs of kings to provide for them in the afterlife.

Watermelon was grown in India in the 7th century and by the 10th century had made its way to China, now the world's number one producer of watermelons.

In the 13th century, watermelon spread through the rest of Europe via the Moors.

Southern food historian, John Egerton, believes watermelon made its way to the United States with enslaved Africans, and now Americans eat more watermelon than cantaloupe and honeydew.

About 300 watermelon varieties are grown in the US and Mexico. They are of various weights, shapes, sizes, and colors like red, orange, yellow, and white.

The world's heaviest watermelon, at 350.5 pounds, was grown by Chris Kent in Tennessee in 2013.

### Anatomy

Watermelon is a fruit because it grows from a seed, has a sweet, refreshing flavor, and is loosely considered a type of melon (although it is actually a type of berry called a pepo).

It can also be called a vegetable because it is a member of the same family as the cucumber, pumpkin, and squash. It is harvested and cleared from fields like other vine-growing vegetables.

A watermelon contains about 6 percent sugar and 92 percent water by weight.

Japanese scientists developed a seedless variety in 1939. However, seedless watermelons initially did not resist disease sufficiently, so they did not become widely available and popular until the 21st century.

## How to Pick, Buy & Eat

When choosing a watermelon, look for one that is firm, symmetrical, and free from bruises, cuts, or dents. When you lift the watermelon, it should be very heavy for its size, as most of a watermelon's weight is water—the heavier, the juicier. Finally, the watermelon should have a yellow spot on it, where it sat on the ground and ripened in the sun.

Farmers in Japan grow watermelons in glass boxes so they develop into a cube shape. The farmers initially did this so the watermelons would be stackable and easier to store. However, they eventually became a popular novelty at twice the price.

In China and Japan, watermelon is a popular gift to bring to a host of a party or gathering.

In Israel and Egypt, the sweet taste of watermelon is often paired with the salty taste of feta cheese.

Watermelon rinds are edible but do not taste good unless pickled or cooked. The seeds are also edible.

Don't worry, though—you won't grow a watermelon in your stomach if you eat the seeds with the flesh!

However, if you remove the seeds, you can dry them out and roast them. You can also grind them into flour after roasting using a coffee grinder.

You can eat watermelon alone or put chunks in fruit or green salads. You can also purée it to add to salsas, syrups, desserts (like popsicles and sorbets), and drinks (like smoothies and lemonade). Finally, you might try adding some to your BBQ sauce or even grill watermelon slices!

## Nutrition

A watermelon's high water and electrolyte content make it ideal as a refreshing and hydrating summer thirst quencher that is good for our skin and helps clear toxins from our kidneys.

Watermelons contain high levels of vitamin C, which boosts immunity and healing power, and vitamin A, which is good for eyesight.

Watermelon is also high in lycopene, a carotenoid that makes some fruits and vegetables red or pink.

Tomatoes are most often connected to lycopene, but watermelon has more than raw tomatoes. However, products made from cooked tomatoes have a higher concentration. Study results vary on lycopene's health benefits, particularly cardiovascular health.

Drinking watermelon juice may relieve your muscle soreness due to L-citrulline, an amino acid that protects

against muscle pain. The rinds also have l-citrulline, and they are high in fiber. Watermelon seeds contain iron, zinc, protein, and fiber.

Eating watermelon helps stop inflammation in your body that contributes to conditions like asthma, atherosclerosis, diabetes, some cancers, and arthritis.