



Farm-Fresh Fideuà Fantastico (Spanish Noodle Paella) + Kid-Friendly Spanish Sangria

By Erin Fletter

Prep Time 30 / **Cook Time** 30 / **Serves** 4 - 6

Shopping List

☐ FRESH

☐ 2 garlic cloves

☐ 2 to 3 green onions

☐ 1 red bell pepper

☐ 1 green bell pepper

☐ 2 oranges

☐ 2 lemons

☐ pineapple (and/or apples/grapes)

☐ FROZEN

☐ 1 8-oz package (or 1 C) frozen peas

☐ PANTRY

☐ 1 12-oz package thin spaghetti noodles ****(see allergy subs below)****

☐ 4 T extra virgin olive oil

☐ 1 big pinch salt

☐ 1 pinch ground black pepper

☐ 1/2 T sweet paprika

☐ 1 28-oz can diced tomatoes

- ☐ 2 C vegetable broth
- ☐ 1/2 C to 1 C garbanzo beans, from 1 15-oz can **** (see allergy subs below) ****
- ☐ 2 C apple juice (or cranberry/grape juice)
- ☐ 4 C ginger ale (I like Zevia brand, which is sweetened with stevia)
- ☐ stevia or sugar, to taste
- ☐ HAVE ON HAND
- ☐ 2 to 4 C water
- ☐ ice

Fun-Da-Mentals Kitchen Skills

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

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

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

simmer: to cook a food gently, usually in a liquid, until softened.

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

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

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.

Equipment

- ☐ Skillet + matching lid
- ☐ Large resealable plastic bag
- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Can opener

- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Wooden spoon
- ☐ Pitcher

Ingredients

Farm-Fresh Fideuà Fantástico (Spanish Noodle Paella)

- ☐ 1 12-oz package thin spaghetti noodles ******(for GLUTEN ALLERGY sub gluten-free/nut-free noodles)******
- ☐ 4 T extra virgin olive oil (or vegetable oil)
- ☐ 2 garlic cloves
- ☐ 2 to 3 green onions
- ☐ 1 red bell pepper
- ☐ 1 green bell pepper
- ☐ 1 8-oz package (or 1 C) frozen peas
- ☐ 1 big pinch salt
- ☐ 1 pinch ground black pepper
- ☐ 1/2 T sweet paprika
- ☐ 1 28-oz can diced tomatoes, drained
- ☐ 2 C vegetable broth
- ☐ 1/2 C to 1 C chickpeas (garbanzo beans), from 1 15-oz can ******(for LEGUME ALLERGY sub 1 small zucchini chopped into small bits)******
- ☐ 1 lemon, sliced

Kid-Friendly Spanish Sangria

- ☐ 2 oranges
- ☐ 1 lemon
- ☐ pineapple (and/or apples/grapes)
- ☐ 2 C apple juice (or cranberry/grape juice)
- ☐ 4 C ginger ale (I like Zevia brand, which is sweetened with stevia)

- ☐ 2 to 4 C water
- ☐ granulated sugar or stevia, to taste
- ☐ ice

Food Allergen Substitutions

Farm-Fresh Fideuà Fantástico (Spanish Noodle Paella)

Gluten/Wheat: Substitute gluten-free/nut-free spaghetti noodles.

Legume: For 1/2 to 1 C chickpeas (garbanzo beans), substitute 1 small zucchini chopped into small bits.

Kid-Friendly Spanish Sangria

Instructions

Farm-Fresh Fideuà Fantástico (Spanish Noodle Paella)

break up + toast

Place **1 package of thin spaghetti noodles** into a large resealable plastic bag, seal, and have your kids break them into little bits. Then, in a skillet on your stovetop, add **4 tablespoons of olive oil** and the broken noodles and toast until they are a deep golden brown. Watch the noodles carefully; you don't want them to burn!

scrumptious science

Toasting relies on the Maillard reaction, where amino acids and sugars in the food react at high temperatures to produce browning, flavor, and texture changes. Toasting is a type of dry heat cooking. For example, when toasting bread, the heat from the toaster causes the bread's surface to brown and become crispy due to this reaction.

chop + sauté

Have your kids chop up **2 garlic cloves**, **2 to 3 green onions**, **1 red bell pepper**, and **1 green bell pepper**. Add all of the chopped veggies, along with **1 cup of frozen peas** and **1 big pinch of salt** (to help get the moisture out) to the noodles. Sauté until the veggies are soft.

bite sized movement break

Smell Test: Pass around one or more of the ingredients for the lesson and have each child close their eyes, smell the food, and tell everyone what it made them think of. The sense of smell is linked to the part of your brain that creates memories, so this activity can help kids make lasting memories of the experience of cooking the recipe.

combine + simmer

Add **1 pinch of black pepper** and **1/2 tablespoon sweet paprika** and cook for 30 seconds. Then add **1 can of diced tomatoes** (drained), **2 cups of vegetable broth**, and **1/2 to 1 cup of garbanzo beans**. Let simmer until noodles are tender. Do not stir. Cook for up to 15 minutes or until the pasta is “al dente.”

cover + rest

Turn the heat off the fideuà, cover with a lid, and let it “rest” for 5 minutes. Uncover and serve with lemon slices!

Kid-Friendly Spanish Sangria

chop + add

Have your kids chop up **2 whole oranges**, **1 whole lemon**, and **pineapple** or other fruit and add the pieces to a large pitcher.

scrumptious science

Fragrance and food go hand-in-hand. Your nose is a well-oiled machine that does most of the work in processing your olfactory sense (sense of smell). The olfactory sense refers to all the parts of your body that process smells. Your brain and nose do a lot of the work. When you smell something, your nose will communicate with the olfactory bulb, which is the part of your brain that processes smells. This process happens in a split second, making you feel an emotion or transporting you into a memory. This unique bodily function is why foods and their smells can make people feel happy, sad, or any range of emotions. My favorite is smelling cinnamon and being transported to baking pies with my aunts.

measure + stir

Have your kids measure **2 cups of apple juice**, **4 cups of ginger ale**, and **2 to 4 cups of water** and pour them over the fruit. Add **sugar or stevia** to taste and stir well. Finally, add some ice to hold the fruit down, pour into cups, and drink up! Makes about 10 cups. ¡Olé!

Featured Ingredient: Bell Peppers!

Hi! I'm Bell Pepper!

"Do you like your pizza with green pepper on top? If you do, then you'll like me! I'm a bell pepper, and we come in different colors, like green, yellow, orange, and red. Plus, some of us are a bit sweeter than others. We bell peppers have colorful, glossy skin, and when you bite into one, it will taste fresh and crunchy. We're also very versatile and add distinctive flavor and texture to many dishes!"

History

Bell peppers may be called sweet peppers or capsicum in other countries. They are members of the

nightshade family, along with tomatoes, potatoes, and eggplants.

Peppers are native to the Americas. Spain imported their seeds in the late 1400s, and then they spread to the rest of Europe and Asia. Today, China is the largest producer of bell peppers and chili peppers, followed by Mexico, Indonesia, Spain, Turkey, and the United States.

The most popular bell pepper in the United States is the green bell pepper. Other peppers sold in the United States are hot peppers (also called chili peppers).

November is National Pepper Month!

Anatomy & Etymology

Bell peppers are actually fruits, not vegetables! They are technically berries but are most often used as a vegetable.

The bell pepper is a tropical plant, preferring warm, moist soil to grow in.

Green and red bell peppers grow on the same plant. However, as the bell peppers mature and ripen, they change from green to red and become sweeter.

Bell peppers are large and bell-shaped. Depending on the variety, they can be brown, white, lavender, or dark purple, but the most common colors for bell peppers are green, yellow, orange, and red.

Bell peppers have crisp, thick flesh and smooth, waxy skin.

The scientific name for bell peppers is "*Capsicum annuum*." The scientific name for hot or chili peppers is "*Capsicum frutescens*."

The "pepper" name came when explorers introduced the plants in Europe. Europeans named them after the peppercorn or black pepper, which is unrelated.

The word "pepper" comes from the Old English "piper," from the West Germanic "pipor," related to the Dutch "peper," from the Greek "peperi," and from Sanskrit "pippalī," meaning "berry," "peppercorn."

How to Pick, Buy, & Eat

You want to harvest bell peppers with the right color and sweetness when they're full size. You may want to use all green ones, and so you would pick them at their first stage of ripeness. Many recipes use green bell peppers. Next would be yellow, orange, and then red, the sweetest. You could pick them at each stage if you want multiple colors in your salad, for instance.

Bell peppers can be stored in your refrigerator's crisper drawer for one to two weeks. Then, refrigerate cut bell peppers for two to three days and cooked bell peppers for three to five days.

Bell peppers are a good choice for dishes where you don't want spicy pepper flavor because they don't produce capsaicin like other peppers. Bell peppers have a mild, sweet taste, but the flavors of other peppers can range from mild heat to extremely hot. A hybrid variety of bell pepper, the Mexibelle, is mildly spicy due to a small amount of capsaicin.

Paprika is a powdered red spice made from dried red bell peppers. People often associate paprika with Hungarian cuisine, especially since the name comes from the Hungarian language. However, cooks in

many European and other countries use it regularly to color and flavor foods. For example, they add it to soups and stews, sprinkle it over the tops of meats, or add it to other seasonings to make rubs for grilling. Paprika is also often found in sausages. Because red bell peppers are mild and sweet, paprika is usually not as spicy as ground chili pepper. However, paprika can add a little heat to a dish, especially when using certain varieties.

One-half of a medium bell pepper counts as one serving.

Bell peppers are good to eat raw or cooked. They are often chopped and added to dishes such as salads, soups, omelets, stir-fries, fajitas, and pizza, but they can also be hollowed out, stuffed with a meat, veggie, and rice filling, and baked.

Nutrition

Bell peppers are a low-calorie food and are 94 percent water. They are also nutritious, with 97 percent of the daily value of vitamin C. Bell peppers of all colors have a high amount of vitamin C and beta-carotene, but the red bell pepper contains 1.5 times the amount of vitamin C and eleven times the beta-carotene as green bell peppers.

Vitamin C is an antioxidant that improves your immune system to prevent heart disease and cancer. It also helps your body to absorb and store iron. It helps remove excess fluid from your body, reducing pressure in blood vessels. In addition, vitamin C may help reduce elevated blood sugar levels, and it aids in creating collagen, which is needed for wounds to heal.

Beta-carotene gives yellow, orange, and red fruits and vegetables their color. Beta-carotene is an antioxidant, and it converts to vitamin A in the body, which can help prevent age-related macular degeneration.

Fiber improves your digestive health and, by slowing down the speed of sugar absorption by the body, helps reduce the risk of diabetes.