



## **Lulu's Lo Mein Noodles + Caramelized Cabbage + Sweet Soy Splash + Green Tea Smoothies**

By Erin Fletter

**Prep Time** 30 / **Cook Time** 27 / **Serves** 4 - 6

### **Shopping List**

#### ☐ FRESH AND FROZEN

- ☐ 4 green onions
- ☐ 2 garlic cloves
- ☐ 1/2 head green cabbage
- ☐ 1 large carrot
- ☐ 1 C sugar snap peas or snow peas (it's fun for each kid chef to have 1 to slice!)
- ☐ 1 ripe frozen banana or 1 banana + 1/4 C ice

#### ☐ DAIRY

- ☐ 2 C whole milk **\*\*(see allergy list below)\*\***
- ☐ 1 C whole milk vanilla yogurt **\*\*(see allergy list below)\*\***

#### ☐ PANTRY

- ☐ 1/2 lb dried angel hair pasta **\*\*(see allergy list below)\*\***
- ☐ 1 T salt
- ☐ 2 T olive oil
- ☐ 1 T toasted sesame oil **\*\*(see allergy list below)\*\***
- ☐ 3 T + 1 drizzle honey
- ☐ 1/2 tsp dried ground ginger

☐ 2 T soy sauce **\*\*(see allergy list below)\*\***

☐ 3 decaf green tea bags

☐ HAVE ON HAND

☐ 4 1/2 C water

## Fun-Da-Mentals Kitchen Skills

**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).

**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).

**mince:** to chop into teeny tiny pieces.

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

**snip:** to use scissors to cut something with quick, sharp strokes.

**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.

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

**soak:** to immerse a hard food for a certain amount of time in a liquid to soften it.

**caramelize:** to cook sugar or a food with natural sugar until it turns a brown caramel color.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

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

## Equipment

☐ Large skillet with lid

☐ Large mixing bowl

☐ Colander or strainer

☐ Liquid measuring cup

☐ Measuring spoons

☐ Cutting board + kid-safe knife

☐ Kid-friendly or kitchen scissors

- ☐ Grater
- ☐ Wooden spoon
- ☐ Whisk
- ☐ Small saucepan
- ☐ Blender (or pitcher + immersion blender)

## Ingredients

### Lulu's Lucky Lo Mein Noodles + Crazy Delicious Caramelized Cabbage + Sweet Soy Splash

- ☐ 4 1/2 C water, divided
- ☐ 1 T salt
- ☐ 1/2 lb dried angel hair pasta **\*\*(for GLUTEN ALLERGY sub gluten-free pasta noodles or rice noodles and follow the directions on the rice noodle package for soaking!)\*\***
- ☐ 4 green onions
- ☐ 2 garlic cloves
- ☐ 1/2 head green cabbage
- ☐ 1 C sugar snap peas or snow peas (it's fun for each kid chef to have 1 to slice!)
- ☐ 1 large carrot
- ☐ 1 T + 1 drizzle honey, divided
- ☐ 2 T olive oil
- ☐ 2 T soy sauce + more if needed **\*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***
- ☐ 1/2 tsp ground ginger
- ☐ 1 T toasted sesame oil **\*\*(for SESAME ALLERGY sub olive oil)\*\***

### Green Tea Smoothies

- ☐ 2 C whole milk **\*\*(for DAIRY ALLERGY sub coconut, rice, or soy milk depending on allergies)\*\***
- ☐ 3 decaf green tea bags
- ☐ 1 ripe frozen banana or 1 banana + 1/4 C ice
- ☐ 1 C whole milk vanilla yogurt **\*\*(for DAIRY ALLERGY sub coconut, rice, or soy vanilla yogurt depending on allergies)\*\***

□ 2 T or more honey

## Food Allergen Substitutions

Lulu's Lucky Lo Mein Noodles + Crazy Delicious Caramelized Cabbage + Sweet Soy Splash

**Gluten/Wheat:** Substitute gluten-free noodles or rice noodles for angel hair pasta. (If using rice noodles, follow the directions on the package for soaking.) Substitute coconut aminos for the soy sauce.

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

**Sesame:** Substitute olive oil for toasted sesame oil.

## Green Tea Smoothies

**Dairy:** Substitute coconut, rice, or soy milk for whole milk. Substitute coconut, rice, or soy vanilla yogurt for vanilla yogurt.

## Instructions

Lulu's Lucky Lo Mein Noodles + Crazy Delicious Caramelized Cabbage + Sweet Soy Splash

### intro

Say "Hello" in Chinese: 你好 "Nǐ hǎo" (Nee how)! Lo mein is a Chinese noodle dish, traditionally made with egg noodles. The name comes from two Cantonese words meaning "tossed (or stirred) noodles."

### whisk + soak

Add **4 cups of water** and **1 tablespoon of salt** to a large mixing bowl, whisking to dissolve the salt. Snap **1/2 pound of angel hair pasta** in half (have kids do a small bundle at a time to keep the pasta from flying!) and add to the bowl of salt water to soak for at least 20 minutes.

### snip + mince + slice + grate

Use clean kid-friendly scissors to snip or kids can slice **4 green onions** into 1-inch pieces. Next, peel and mince **2 garlic cloves** and slice **1/2 head of green cabbage** into ribbons. Slice **1 cup sugar snap peas** and grate **2 carrots** (you could also julienne the carrot, which means to cut it into matchstick-size pieces!).

### sauté + caramelize + add + toss

To a large skillet, add **2 tablespoons olive oil**, the sliced green onions, and the minced garlic. Sauté for about 1 minute before adding the sliced cabbage. Spread cabbage in a layer so that the entire bottom of the skillet is covered. Add **1 drizzle of honey**. Let the cabbage sit, undisturbed, for a minute or two over

medium heat before stirring. Cook cabbage on low heat until it becomes caramelized and golden brown in spots, stirring every so often. The longer the cabbage cooks, the more caramelized and yummy it will become! Add the sliced sugar snap peas and the shredded carrots and toss, then continue to toss to coat and cook until these veggies are softened.

#### whisk + drain

Make the Sweet Soy Splash! Whisk together **2 tablespoons soy sauce**, **1 tablespoon honey**, **1/2 teaspoon ground ginger**, **1/4 to 1/2 cup water**, and **1 tablespoon toasted sesame oil**. Drain pasta by pouring it carefully in your colander or strainer.

#### add + pour + toss

Add the drained noodles to the skillet, pour the Sweet Soy Splash over them, and toss until all the veggies and noodles are coated. Immediately cover the skillet so the noodles finish cooking by steaming. If, after a few minutes of cooking, the liquid has evaporated and the noodles are still not cooked, add another **1/4 cup of water** and a touch more soy sauce and keep cooking until noodles are al dente.

### Green Tea Smoothies

#### simmer + steep

In a small saucepan, bring **2 cups of milk** to a simmer. Turn off heat and steep **3 decaf green tea bags** in the milk for 10 minutes.

#### peel + measure + blend + pour

Peel and add **1 banana** and **1/4 cup ice** (if the banana is not frozen) to your blender. Remove the tea bags from the milk and add the milk to the blender. Measure and add **1 cup vanilla yogurt**, and **2 tablespoons honey**. Blend until smooth, adding more milk if necessary. Taste and add more honey if you would like it sweeter! Pour into cups and say "Cheers" in Chinese: 干杯 "Ganbei" (gahn bay), which literally means "dry cup."

## Featured Ingredient: Cabbage!

Hi! I'm Cabbage!

"I come in a few different colors and shapes, but I'm usually green or red (which is really purple-red) with tightly packed leaves forming a round head. You may be most familiar with me shredded in coleslaw and cooked for a St. Patrick's Day dinner with corned beef."

Cabbage was likely domesticated before 1000 BCE in Europe, and the ancient Egyptians, Greeks, and Romans used it in their cuisines. Cabbage was introduced to Asia and the Americas sometime between the 1500s and the 1700s and was considered a staple food in Europe by the 18th century. China produces the most cabbage worldwide, but Russia consumes the most per person.

The word "cabbage" is late Middle English from the Old French (Picard dialect) "caboché" ("head"), a variant of Old French "caboce."

Cabbage has many relatives (broccoli, cauliflower, brussels sprouts, collard greens). All of these vegetables are part of a family called "Brassica."

The cabbage head grows in the center of a cabbage plant. Initially, the plant produces large, broad leaves, but eventually, the inner leaves begin to curl around a short, thick stem at the center. These inner leaves form the head of cabbage we see in markets.

Green cabbage is the most common type. It has thick green leaves that are packed close together in the head. One head can weigh from one pound to nine pounds! You can cook it as a standalone veggie, add raw cabbage to coleslaw, use it to make cabbage rolls, or add it to soups and stews.

There are a few varieties of green cabbage, including the pointed cabbage, which is shaped like a cone! Savoy cabbage is a smaller, milder variety with tender, wrinkly leaves that you can use to make cabbage rolls or add to salads and stir-fries.

Red cabbage is popular in coleslaw and salads because of its color and crunchy texture. You can also pickle red cabbage to serve as a condiment to top burgers or tacos, or serve it as a side, especially with German dishes.

White cabbage comes from the Netherlands and is also called Dutch cabbage. It is a type of green cabbage with very pale green to white leaves, although there is also a red variety. The Dutch variety is good for making sauerkraut, although you can also use it in the same way as green and red cabbage.

Napa cabbage, also called Chinese cabbage, is oblong with light green and yellow leaves and has a long, thick, and crunchy stem. It has a mild flavor and is popular in Asian cuisine in soups, spring rolls, stir-fries, and as wraps for pork and seafood.

Cabbage is high in fiber and vitamins C and K. Vitamin K is good for the blood. A cup of raw cabbage has more vitamin C than an orange!

Different varieties of cabbages have varying nutritional strengths. For example, red cabbage has more vitamins C and B6 and antioxidants called anthocyanins that help keep your heart healthy, while the green savoy has more vitamins A and B9 (folate).

Cabbage and other cruciferous vegetables are rich sources of phytochemicals, naturally-occurring plant chemicals that may protect people against some forms of cancer.