



Superbly Tasty Sweet 'n Sour Thai Noodle Salad in a Mug + Perky Pineapple Cooler for One

By Erin Fletter

Prep Time 20 / Cook Time 1 / Serves 1 - 1

Shopping List

☐ FRESH

☐ 1 small bag shredded coleslaw mix with carrots (for 1/2 C)

☐ 1 small cucumber (for 2" piece)

☐ 1 green onion

☐ 1 lime

☐ FROZEN

☐ 1 C frozen pineapple chunks (or 1/2 C drained, canned pineapple + 1/2 C ice) ****(see allergy subs below)****

☐ PANTRY

☐ 1 oz dried angel hair noodles ****(see allergy subs below)****

☐ 2 tsp low-sodium soy sauce ****(see allergy subs below)****

☐ 1 T smooth sunflower seed butter, like SunButter brand ****(see allergy subs below)****

☐ 1/2 tsp pure vanilla extract ****(see allergy subs below)****

☐ 1 pinch sugar

☐ HAVE ON HAND

☐ 2 1/4 C water

Fun-Da-Mentals Kitchen Skills

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

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

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

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

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

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

pour: to cause liquid, granules, or powder to stream from one container into another.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

Equipment

- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Potholder
- ☐ Large mixing bowl
- ☐ Tongs or sieve (small enough holes so noodles don't fall through!)
- ☐ Small mixing bowl
- ☐ Clean pair of kid-safe scissors
- ☐ Measuring spoons
- ☐ Cutting board + kid-safe knife (a butter knife works great)
- ☐ Fork
- ☐ Whisk
- ☐ Citrus squeezer (optional)
- ☐ Soap for cleaning hands
- ☐ Blender (or pitcher + immersion blender)
- ☐ Dry measuring cups

☐ Liquid measuring cup

☐ Drinking glass

Ingredients

Superbly Tasty Sweet 'n Sour Thai Noodle Salad in a Mug

☐ 1 oz dried angel hair noodles—about the circumference of a dime ******(for GLUTEN ALLERGY sub vermicelli rice noodles—more info below)******

☐ 1/2 C shredded coleslaw mix with carrots

☐ 2" piece of cucumber

☐ 1 green onion

☐ 2 tsp low-sodium soy sauce ******(for SOY ALLERGY sub coconut aminos)******

☐ 1 T smooth sunflower seed butter, like SunButter ******(for SUNFLOWER SEED ALLERGY sub full-fat yogurt, or dairy-free/nut-free yogurt if dairy allergy present)******

☐ 1 tsp water

☐ 1/2 lime, juiced

☐ 1 pinch sugar

☐ 1 C water (in a liquid measuring cup for soaking rice noodles)

Perky Pineapple Cooler for One

☐ 1/2 lime, juiced

☐ 1 C frozen pineapple chunks, or 1/2 C drained, canned pineapple + 1/2 C ice ******(for PINEAPPLE ALLERGY sub frozen mango or strawberry)******

☐ 1 C water

☐ 1/2 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******

Food Allergen Substitutions

Superbly Tasty Sweet 'n Sour Thai Noodle Salad in a Mug

Gluten/Wheat: Substitute vermicelli rice noodles for angel hair pasta. Don't microwave the rice noodles; just soak them in hot water for 3 minutes.

Soy: Substitute coconut aminos for soy sauce.

Sunflower Seeds: Substitute full-fat yogurt, or dairy-free/nut-free yogurt if dairy allergy present, for

sunbutter.

Perky Pineapple Cooler for One

Pineapple: Substitute frozen mango or strawberry for frozen or canned pineapple.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Superbly Tasty Sweet 'n Sour Thai Noodle Salad in a Mug

snap + fill

Snap **1 ounce of angel hair pasta noodles** in half over a large mixing bowl (when you hold 1 ounce in your hand, the amount will be about the circumference of a dime). Snap the halves in half again (ending with about 2" long sections of noodles). Add the noodles to a microwavable mug. Fill the mug halfway with up to **1 cup water** (you may not use the whole cup of water).

microwave + soak

Microwave on high for 1 minute. Set a timer for 3 minutes, let cool slightly before carefully removing from the microwave with a potholder, and let the noodles soak in the hot water until the timer goes off.

allergy sub note

If you are using the vermicelli rice noodles instead, don't microwave them; just soak them in the hot water for 3 minutes.

important note

After 3 minutes, drain the noodles and add them back to the mug (discard water.) The noodles will get gummy and stick together if they're left in hot water for longer. Kids can use tongs to grab their noodles or a sieve (make sure holes are small so they don't lose their noodles!) Drain over a mixing bowl, not down the sink.

slice + squeeze

Slice **1 lime** in half. Squeeze juice from **1/2 lime** into a small mixing bowl (save the other half for the drink, if making).

whisk + taste

To the same bowl, measure and whisk together **2 teaspoons soy sauce**, **1 tablespoon sunflower seed butter**, **1 teaspoon water**, and **1 pinch of sugar**. Taste! What does your sauce need? If it needs a touch more sugar, add another pinch.

slice + add

Slice a **2 inch piece of cucumber** into small pieces. Snip **1 green onion** into thin pieces with your clean scissors. Add **1/2 cup of shredded coleslaw mix** to the mug with your noodles. Add the cucumber and green onion.

add + mix

Add the soy sauce mixture, and mix to coat your salad in the dressing. A fork works well to mix! Eat right away, or chill for 5 minutes in the fridge while you blend the Perky Pineapple Cooler (see recipe)!

Perky Pineapple Cooler for One

squeeze + add

Squeeze juice from **1/2 lime** into your blender (or pitcher for use with an immersion blender). Add **1 cup frozen pineapple chunks** (or 1/2 cup drained, canned pineapple and 1/2 cup ice), **1 cup water**, and **1/2 teaspoon vanilla extract** to the blender.

blend + pour

Blend until smooth and thick. Pour into a glass, and "Cheers!"

Featured Ingredient: Carrots!

Hi! I'm Carrot!

"I'm at the root of this recipe! Get it? Root? Carrots are root vegetables! We grow up in dark and cozy soil. Our leaves get plenty of sunshine, though. If you grow us, it's so satisfying to pull us out of our underground home and know you'll be tasting our crunchy sweetness very soon. But you may want to wash us first! You can eat carrots raw or cook them first. Either way, you'll enjoy our flavor, texture, and color in salads, savory dishes, and desserts, like carrot cake!"

History

Before carrots were orange, they were purple, red, white, and yellow. In the 16th century (after the Middle Ages), Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family (for Kings and Queens). They did this by crossbreeding pale yellow carrots with red carrots. Carrots soon caught on in England as both a food and a fashion accessory. For example, it's said that ladies in the 1600s would decorate their hats with carrot tops instead of feathers! The carrots we eat today were domesticated from a wild carrot native to Europe and southwestern Asia. No one knows exactly how old carrots are, but history traces them back about 5,000 years. They were mistaken for parsnips before the carrot was identified as a distinct vegetable. Carrots and parsnips are related but from different families. Parsnips are white and look a lot like carrots. They're also root vegetables!

When carrots were first grown many hundreds of years ago, farmers prized them for their aromatic leaves and seeds—not just the roots!

According to some sources, carrots are the second most popular vegetable in the world, behind just one other. Can you guess what's number one? Potatoes!

The longest carrot ever recorded was over 20 feet long! (The measurement included the taproot's long, skinny end.) The heaviest carrot recorded weighed over 22 pounds!

You may think rabbits love carrots naturally, and this is largely because of the popularity of the wise-cracking and charming cartoon rabbit character named Bugs Bunny. We see Bugs Bunny munching on a carrot in most scenes. In reality, if a rabbit ate a whole carrot, it would be like you or me eating 20 carrots in one sitting! Way too much! Here's another fun fact: The voice of Bugs Bunny, Mel Blanc, reportedly did not like carrots at all.

Anatomy & Etymology

Carrots belong to the Umbelliferae family, named for their resemblance to an umbrella when their leafy green stems are attached. This family includes celery, parsnip, fennel, dill, and coriander.

Carrots are root vegetables, meaning they grow underneath the ground. Their feathery leaves grow above the ground. Can you think of other root vegetables? A few of them are beets, onions, turnips, potatoes, radishes, parsnips, fennel, garlic, and jicama.

You can eat every part of the carrot. Typically we eat the root part of the plant, but the stems and leaves are edible, too! A carrot's root can grow anywhere from 2 to 20 inches long before it's picked!

Carrots like to grow in cooler climates, not tropical, hot places. For this reason, they are usually grown in the autumn, winter, and spring months.

Baby carrots sold in grocery stores started as long carrots that were sliced and tumbled into smaller pieces to make them "baby-sized."

Carrot seeds are tiny. Find a teaspoon. How many carrot seeds do you think will fit inside? About 2,000!

A carrot plant will live for two years, meaning new crops need to be planted from seed every two years.

There are two main classes of carrots: Western and Eastern. The Western class includes four types, classified by their root shape: Chantenay, Danvers, Imperator, and Nantes. Several cultivars (varieties created by selective breeding) exist under each type. Many varieties have different colors than the typical orange. How many colors have you seen? The next time you're in the grocery store, look for these diverse carrots.

The English word "carrot" comes from the Greek word "karoton."

How to Pick, Buy, & Eat

One large carrot or a handful of baby carrots counts as one vegetable serving. Aim for three servings of veggies a day for kids and five servings for adults.

Carrots can be eaten raw, roasted, juiced, boiled, mashed, or steamed. However, they are most nutrient-

dense when cooked and eaten with fat like butter or oil.

When you eat a carrot, how does it taste? Modern carrots have been bred to be sweet, which is why we often use them in baked goods like carrot cake! On the other hand, ancient carrots were bitter, not sweet. Look for firm, brightly colored carrots with smooth, firm skin. Carrots that are limp or black near the top are not fresh.

Thicker carrots may be older and tougher to eat, whereas thinner carrots are typically younger, fresher, and sweeter.

Store carrots in the crisper drawer of your refrigerator, where they will keep for a few weeks!

One of the tastiest, easiest ways to cook carrots is to toss them with melted butter, salt, honey, and garlic, then roast them at 425 F for 20 minutes.

You can grate raw carrots and add them to salads or chop them to add to soups or stews. If you boil or steam carrots, you then puree them to add to breads, cookies, cakes, or even tomato sauce to sweeten it. Carrots add natural sweetness to whatever recipe they're in (and a pretty orange color, too!).

Nutrition

Eyes! The color of a fruit or vegetable tells us what nutrient it contains (nature is amazing!). Orange vegetables and fruits have a particular nutrient called beta carotene. Beta carotene was named for the carrot itself! This nutrient converts to vitamin A inside the body, which is good for our eyes! Studies have shown that only three percent of beta carotene is released from the raw vegetable when we digest it. But this percentage can be improved when we juice or puree raw carrots or cook them with fat like butter or oil. Carrots have the most beta carotene of any vegetable!

Teeth! The crunchiness of carrots helps clean the plaque off your teeth and gums, just like your toothbrush! Of course, this doesn't mean eating a carrot at the end of the day can substitute for brushing your teeth! Carrots also have minerals that protect the teeth.

Purple carrots include anthocyanin, an antioxidant, just like purple eggplants, blueberries, and other colorful fruits.

As with all vegetables, eating carrots helps protect us from getting sick!