



Thyme for Olive Tapenade + Kid-Made Crunchy Crackers + Cranberry Sparkling Boisson

By Erin Fletter

Prep Time 40 / Cook Time 28 / Serves 4 - 6

Shopping List

☐ FRESH

☐ 2 to 4 green onions

☐ 1 sprig fresh thyme (for 1/2 T chopped)

☐ DAIRY

☐ 1/4 C (1 to 2 oz) cream cheese OR Jack, cheddar, havarti, or provolone cheese ****(see allergy subs below)****

☐ 6 oz Jack, cheddar, havarti, or provolone cheese ****(see allergy subs below)****

☐ 1/4 C butter ****(see allergy subs below)****

☐ PANTRY

☐ 4 T olive oil

☐ 1 small jar pitted Kalamata or black olives

☐ 3/4 tsp salt

☐ 1 big pinch ground black pepper

☐ 2 tsp honey

☐ 2 T nutritional yeast

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

☐ 2 T cornmeal

☐ 1/2 tsp garlic powder

- ☐ 2 C cranberry juice
- ☐ 1/4 C granulated sugar or honey
- ☐ 1 liter sparkling water (for 3 C)
- ☐ HAVE ON HAND
- ☐ 1/4 C cold water
- ☐ 2 C ice

Fun-Da-Mentals Kitchen Skills

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!

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

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

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

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).

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

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).

Equipment

- ☐ Skillet
- ☐ Cutting board + kid-safe knife
- ☐ Wooden spoon
- ☐ Blender (or medium mixing bowl + immersion blender)

- ☐ Grater
- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Oven
- ☐ Baking sheet
- ☐ Parchment paper (if not using oil to grease sheet)
- ☐ Large mixing bowl
- ☐ Whisk
- ☐ Cutting board
- ☐ Wooden skewer or toothpick
- ☐ Heat-resistant spatula
- ☐ Pitcher
- ☐ Liquid measuring cup

Ingredients

Thyme for Olive Tapenade

- ☐ 3 T olive oil, divided
- ☐ 2 to 4 green onions
- ☐ 1 small jar pitted Kalamata or black olives, drained
- ☐ 1 sprig fresh thyme (for 1/2 T chopped)
- ☐ 1/4 tsp salt
- ☐ 1 big pinch ground black pepper
- ☐ 2 tsp honey
- ☐ 1/4 C (1 to 2 oz) cream cheese OR Jack, cheddar, havarti, or provolone cheese ****(for DAIRY ALLERGY sub canned white beans)****
- ☐ 1 T nutritional yeast

Kid-Made Crunchy Crackers

- ☐ 6 oz Jack, cheddar, havarti, or provolone cheese ****(for DAIRY ALLERGY sub 2 T nutritional yeast—see allergy subs below for additional ingredients)****

☐ 3/4 C all-purpose flour + plus a little more for dusting ******(for GLUTEN ALLERGY sub gluten-free/nut-free flour)******

☐ 1/2 tsp salt

☐ 2 T cornmeal

☐ 1/2 tsp garlic powder

☐ 1/4 C butter, softened ******(for DAIRY ALLERGY sub dairy-free/nut-free butter spread, like Earth Balance, or 3 T nut-free oil, like olive or vegetable)******

☐ 1 to 4 T cold water

☐ olive oil for greasing skillet or baking sheet

☐ 1 T nutritional yeast (to sprinkle on top)

Cranberry Sparkling Boisson

☐ 2 C cranberry juice

☐ 1/4 C granulated sugar or honey

☐ 3 C sparkling water

☐ 2 C ice

Food Allergen Substitutions

Thyme for Olive Tapenade

Dairy: Substitute canned white beans for cheese.

Kid-Made Crunchy Crackers

Dairy: For 6 oz cheese, substitute 2 T nutritional yeast + 1/2 tsp salt + 1/4 tsp baking powder + 2 to 4 T cold water. For 1/4 C butter, substitute 1/4 C dairy-free/nut-free butter spread, like Earth Balance, or 3 T nut-free oil, like olive or vegetable.

Gluten/Wheat: Substitute gluten-free/nut-free flour.

Cranberry Sparkling Boisson

Instructions

Thyme for Olive Tapenade

intro

"Bonjour" (BOHN-zhoor) or "Hello" in French! Tapenade (TAH-peh-nahd) is an olive spread from Provence, France. It often includes capers and anchovies, but our version adds green onions and cheese to the olives instead.

drain + chop

Drain **1 small jar of pitted olives**. Have your kids chop the olives and **2 green onions** into tiny bits.

cook + brown

Heat **1 tablespoon of olive oil** in a skillet on your stovetop over medium high heat. Add the green onions and cook, stirring, until starting to lightly brown, about 30 seconds.

add + cook

Add the chopped olives and cook, stirring frequently, until their liquid has almost evaporated, 4 to 5 minutes.

chop

While you are cooking, have your kids strip the leaves from or chop **1 sprig of fresh thyme** to equal 1/2 tablespoon.

cook + stir

Add the thyme, **1/4 teaspoon salt**, and **1 big pinch of black pepper** and cook, stirring, for 2 more minutes.

add + cook

Add **2 teaspoons honey** and **1 tablespoon olive oil**, scraping up any browned bits, and cook until the liquid evaporates, 2 to 3 more minutes. Carefully transfer the olive mixture to a blender or a medium mixing bowl (if using an immersion blender).

grate

If using a hard cheese instead of cream cheese, grate **1 to 2 ounces of cheese** to equal 1/4 cup.

measure + add

Have your kids add the remaining **1 tablespoon olive oil**, **1/4 cup cheese**, and **1 tablespoon nutritional yeast** to the blender or bowl.

blend + count

Kids can blend the olive mixture while they count to 5 in French: 1 un (uhn), 2 deux (deuh), 3 trois (twah), 4 quatre (KAH-truh), 5 cinq (sank).

cool + serve

Let the tapenade cool down before serving with bread or crackers, like our **Kid-Made Crunchy Crackers**.
"Bon appétit" or "Enjoy your food" in French!

Kid-Made Crunchy Crackers

preheat + grate

Preheat your oven to 375 F. Have your kids grate **6 ounces of cheese** and set to the side.

measure + combine

Have your kids measure **3/4 cup flour, 1/2 teaspoon salt, 2 tablespoons cornmeal**, and **1/2 teaspoon garlic powder** in a large mixing bowl and whisk to combine.

measure + stir

Have the kids measure and add **1/4 cup softened butter, 1 to 4 tablespoons cold water**, and the grated cheese to the dry ingredients and stir until the cracker dough forms.

roll + shape

Sprinkle some flour on a cutting board or your clean countertop and roll the dough out to about 1/8 inch thick. Using a kid safe knife, have kids cut the dough into one inch squares or other small shapes. Use the flat end of a wooden skewer or toothpick to poke a small hole in the center of each cracker.

transfer + bake

Carefully transfer the crackers to a lightly oiled or parchment lined baking sheet and lay them out so they do not overlap. You can place them fairly close together; they will puff up, but not spread much. Bake for 15 to 17 minutes or until puffed and edges start to brown.

sprinkle + cool

Sprinkle **1 tablespoon of nutritional yeast** over the tops of the baked crackers. Let them cool completely and then enjoy by themselves or with a spread like Thyme for Olive Tapenade (see recipe).

Cranberry Sparkling Boisson

intro

We've added a bit of French "joie de vivre" or "joy of living" to this refreshing cranberry drink by calling it a "boisson" (BWAH-sohn), which means "drink" in French!

measure + stir

Have your kids measure **2 cups cranberry juice, 3 cups sparkling water, 1/4 cup sugar or honey**, and **2 cups ice** in a pitcher. Stir together while counting to 10 in French: 1 un (uhn), 2 deux (deuh), 3 trois (twah), 4 quatre (KAH-truh), 5 cinq (sank), 6 six (seece), 7 sept (set), 8 huit (wheet), 9 neuf (nuhf), 10 dix

(deece).

pour + serve

Pour into cups and enjoy! Santé (sahn-tay) or "Cheers" (literally "Health") in French!

Featured Ingredient: Olives!

Hi! I'm Olive!

"Did you know olives are fruit? We're called drupes (sounds like droops) or stone fruit, because we have a pit inside, just like apricots, cherries, peaches, and plums. You can't eat us right off the olive tree, though. We have to be cured first so we're soft and not bitter. Try us by ourselves or in a salad, a taco, or on pizza!"

Olives are one of the most essential foods to the people of Greece, and they always have been. In ancient Grecian times, wheat, olive oil, and wine were the three most widely consumed foods, forming the basis of Greek people's diets.

Greeks believed that the goddess Athena gave the first olive tree to Athens before it eventually spread to the rest of Greece. Olives were used in many recipes. Olives were also crushed, and their oil was used for lamps. Olive oil was also used as a beauty product. Women rubbed olive oil into their skin to make it soft and shiny, and it was added to charcoal and other natural colors to make eyeshadow and eyeliner.

Olives grow on trees! An olive tree can live anywhere from 300 to 600 years.

The oldest olive tree is located in Crete. It is 2,000 to 4,000 years old and is still producing olives!

The olive tree branch has become a symbol of peace, and two olive branches are pictured on the United Nations flag.

Olives are not edible straight from the tree. They're too bitter. They must be cured first, which is how we buy them from stores. Cured means treated with a substance to preserve and change the taste and texture. Curing can cause green olives to become black from oxidation.

What color are olives? They can be many colors: black, green, purple, brown, and even pink!

There are many different varieties and sizes of olives. The largest olive is called the Donkey Olive. The smallest olive is called the Bullet Olive. Two of the most famous olives are the Kalamata from Greece and the Manzanilla from Spain.

About 90 percent of olives are pressed to make olive oil, and 10 percent become table olives.

Olives have lots of healthy fat in them, and these fats are fantastic for your heart and brain! They also contain 25 percent of our daily value of vitamin E.