



VEGAN Corny Veggie Mac 'n Cheese Cups with Crispy Savory Streusel

By Erin Fletter

Prep Time 40 / **Cook Time** 25 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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.

brine: to soak in salted water.

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.

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

scoop: to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Paper cupcake liners
- ☐ Medium pot or large mixing bowl
- ☐ Dry measuring cups
- ☐ Liquid measuring cup

- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Grater
- ☐ Blender (or large bowl + immersion blender)
- ☐ Colander
- ☐ Ice cream scoop or spoon

Ingredients

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- ☐ 1 C uncooked macaroni or other small, shaped noodles ****(for GLUTEN ALLERGY sub gluten-free/nut-free noodles)****
- ☐ 3 C warm water
- ☐ 2 tsp salt
- ☐ 1 1/4 C mixed raw veggies (choose 2 or 3: broccoli, cauliflower, carrot, sweet potato, parsnip)
- ☐ 1/2 lb silken tofu ****(for SOY ALLERGY sub 1/2 can white beans, if no legume allergy)****
- ☐ 1/4 tsp ground nutmeg
- ☐ 1/4 tsp garlic or onion powder (or 1 fresh garlic clove, minced)
- ☐ 1 tsp salt
- ☐ 1/4 tsp ground black pepper
- ☐ 1 tsp lemon juice
- ☐ 1 T olive oil
- ☐ 1/2 C nutritional yeast
- ☐ 3/4 C frozen corn
- ☐ Veggie streusel crust:
 - ☐ 1/2 C reserved minced veggies (from veggies for Mac 'n Cheese Cups)
 - ☐ 1/4 C Italian or panko breadcrumbs ****(for GLUTEN ALLERGY sub gluten-free breadcrumbs)****
 - ☐ 1/4 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free flour)****

□ 2 T olive oil

□ 1 pinch salt

Food Allergen Substitutions

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Gluten/Wheat: Substitute gluten-free/nut-free noodles. Substitute gluten-free/nut-free all-purpose flour. Substitute gluten-free/nut-free bread crumbs.

Soy: For 1/2 lb silken tofu, sub 1/2 can white beans (if no legume allergy).

Instructions

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preheat + brine + mince

Preheat the oven to 350 F. In a medium-sized pot or large mixing bowl, soak **1 cup uncooked macaroni** in **3 cups warm water** with **2 teaspoons salt** for 10 to 20 minutes. Chop your choice of **veggies** to total about 1 1/4 cups (reserve 1/2 cup for the Crispy Savory Streusel.) Chop the veggies into tiny pieces! If using carrot, sweet potato, or parsnip, you can grate them.

measure + blend

In a blender (or large bowl for use with an immersion blender), measure and add **1/2 pound silken tofu**, **1/4 teaspoon nutmeg**, **1/4 teaspoon garlic or onion powder**, **1 teaspoon salt**, **1/4 teaspoon black pepper**, **1 teaspoon lemon juice**, **1 tablespoon olive oil**, and **1/2 cup nutritional yeast**. Blend until smooth and pour into a large bowl.

drain + mix + line + scoop

Drain the soaked noodles in a colander, then add and mix them into the blended sauce. Mix in **3/4 cup frozen corn** and **3/4 cup chopped veggies**. Line the wells of a muffin pan with paper cupcake liners. Then, scoop the Vegan Mac 'n Cheese mixture into each well of the pan.

mix + sprinkle

Next, we'll make the veggie streusel! In a mixing bowl, measure and add **1/2 cup reserved minced veggies**, **1/4 cup bread crumbs**, **1/4 cup flour**, **2 tablespoons olive oil**, and **1 pinch of salt**. Mix the ingredients with clean hands until a crumbly texture forms. Sprinkle evenly over the Mac 'n Cheese Cups just before baking for about 20 to 25 minutes, or until the tops are golden brown. Enjoy!

Featured Ingredient: Vegetables!

Hi! We're Vegetables!

"We're as varied as the humans, animals, and plants on our planet! We come in many different colors, sizes, shapes, and flavors, and we're also eaten in a variety of ways, alone or with other foods and either raw or cooked. Not only do we taste good, we're good for you! If you try a veggie you don't particularly like, there may be several others, or other ways of eating it, that you will like!"

Vegetables are edible plants or components of a plant that often accompany meat or fish in a main meal. The parts that can be eaten are flowers, fruits, leaves, roots, seeds, or stems.

Organic vegetables are certified to have not been grown in chemically-treated soil.

Vegetables are an essential part of the diet of any child and adult. Most vitamins and nutrients are contained within the vegetable's skin and the layer directly underneath it.

Vegetables are generally very low in fat and calories and excellent for healthy diets.

Frozen vegetables are just as beneficial to our health as fresh vegetables.

Various ways of cooking vegetables include roasting, baking, boiling, steaming, blanching, deep frying, stir-frying, sweating, grilling, and marinating.

Vegetables that are great when tossed with olive oil and roasted are carrots, broccoli, brussels sprouts, cauliflower, potatoes, and squash.

Green leafy vegetables, like collard and mustard greens, kale, spinach, and swiss chard, are very versatile for cooking. Cooking methods include baking, blanching, boiling, steaming, and stir-frying. They are also great in soups; kale and spinach are often eaten raw in salads.

The nutritional value of most vegetables decreases during the cooking process.

Vegetables come in all different sizes, shapes, and colors, such as green, purple, red, and yellow. The more colorful, the better they are for you!

Vegetables are one of the richest sources of essential vitamins, minerals, and nutrients for our health.

Eating our veggies can help to improve our immune systems and allow our bodies to fight against illness and disease, including cancer and heart disease.

Many vegetables provide a great source of vitamins A, C, and B. Doctors, scientists, and leading health experts recommend that kids eat multiple servings of vegetables and fruit daily.

Vegetables can give children more energy and the ability to concentrate and focus more clearly and for longer periods.

Vegetables can benefit our skin, teeth, nails, and hair and keep us looking and feeling young.

A balanced diet with lots of vegetables can help you lose weight or maintain a healthy weight and live a longer and healthier life.