

KIDS CLUB

NEWSLETTER



Welcome to week 4 of our new ChopChop Kids Club newsletter! (If you missed the last one, it's **here**.) This week we're making a frittata, which is like a cross between an omelet and a quiche. We've given you lots of ideas for variations so you can use whatever ingredients you have in your refrigerator or pantry. Don't love broccoli? Add chopped greens instead. Have cauliflower in the fridge? Throw it in. It's a great way to use up leftover odds and ends, like cooked potatoes or stale bread, so you can use what you already have instead of buying new ingredients. Plus, it's a terrific make-ahead breakfast and a satisfying lunch or dinner, too. You can use your new egg skills to make some of the other recipes we link to here, too!

Egg-cited? We are!



Basic Frittata

You can eat a frittata hot or cold, alone or sandwiched between two slices of whole-grain bread. And it's a recipe that's super flexible. We're giving you a basic recipe for making a vegetable frittata, but check out the variations on the next page for ideas on how to customize it.

ADULT: YES | HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 1 HOUR | MAKES: 6-8 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring spoons
Measuring cups
9- to 10-inch oven-safe skillet
Metal spatula or large spoon
Large bowl
Whisk or fork
Pot holders

INGREDIENTS

- 1 tablespoon olive or vegetable oil
- 1 onion, peeled and chopped
- ½ head broccoli or cauliflower, trimmed and chopped
- ½ cup leftover cooked potatoes, cooked rice, or stale bread cubes
- 8 large eggs
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 cup chopped fresh basil or flat-leaf parsley leaves (if you have any)
- ½ cup grated cheddar, Swiss, or Parmesan cheese, or crumbled feta or goat cheese



INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

1. Turn the oven on and set the heat to 350 degrees.
2. Put the skillet on the stove, turn the heat to medium, and add the oil. When the oil is hot, add the onion and cook, stirring occasionally, until golden and softened, about 7 minutes. Turn the heat down to
3. Put the eggs, salt, and pepper in the bowl and mix well with the whisk or fork. Pour the eggs into the skillet. Add the herbs and cheese and mix well.
4. Once the oven temperature has reached 350 degrees, carefully put the skillet in the oven. Bake until the top is golden

and the eggs are set, 25 to 30 minutes. (To see if the eggs are set, use pot holders to jiggle the pan back and forth: You should not see the eggs moving around in a liquidy way.)

5. Serve warm or at room temperature, or cover and refrigerate up to 2 days.

NOTE: If you don't have an oven-safe skillet, you can pour the cooked vegetables into a lightly greased 9-inch baking dish or pie pan, then mix in the herbs and cheese.

VARIATIONS

- Instead of broccoli or cauliflower, try adding other favorite vegetables: a big handful of baby spinach or shredded kale, chopped asparagus, sliced zucchini, diced cooked sweet potatoes, even frozen corn.
- Add ½ cup diced cooked chicken or ham, sliced cooked sausage, or cooked bacon crumbles.
- Instead of fresh basil or parsley, substitute different fresh herbs or a pinch of dried.



TOO MUCH FRITTATA?

Frittatas can be made in advance and stored in the refrigerator up to 2 days. Cut a slice to eat cold or hot whenever you like (it reheats well in a microwave or toaster oven). We don't recommend freezing a frittata.

KITCHEN SKILL

How to Crack an Egg



Make sure to thoroughly wash your hands, along with any countertops, utensils, and bowls that the raw egg touches, with hot, soapy water. Make sure the raw egg's shell is not already broken or cracked.

1. Hit the midpoint between the wider end and the pointier end of the egg against the edge of a bowl.
2. Hold the egg over the bowl with the cracked part facing up.
3. Pry the shell open gently and allow the egg to slide into the bowl.



DID YOU KNOW?

Our frittata is baked in the oven—making it easier to cook and healthier for you—but *frittata* actually comes from the Italian word for “fried”!



DO YOU HAVE MORE EGGS?

Try one of these recipes.

- **Omelet** www.chopchopfamily.org/recipe/how-to-make-an-omelet
- **Deviled Eggs** www.chopchopfamily.org/recipe/deviled-eggs
- **Huevos Rancheros** www.chopchopfamily.org/recipe/huevos-rancheros
- **One-Eyed Jack** www.chopchopfamily.org/recipe/one-eyed-jack
- **Egg Quesadilla** www.chopchopfamily.org/recipe/egg-quesadilla
- ▶ **Pepper-Ring Eggs** www.chopchopfamily.org/recipe/pepper-ring-eggs
- **Classic Egg Salad** www.chopchopfamily.org/recipe/classic-egg-salad

4 WAYS TO COOK AN EGG

- **Boil It:** A boiled egg is cooked in its shell in boiling water until it's just how you like it: 5 minutes for soft-boiled (with runny yolks); 7 minutes for medium-boiled (with soft, jammy yolks); 10 minutes for hard-cooked (with solid, creamy yolks).
- **Poach It:** A poached egg is cracked out of its shell into simmering water and then scooped out with a slotted spoon once it's cooked.
- **Fry It:** A fried egg is cracked out of its shell into a frying pan, where it's cooked in a little butter or oil. A "sunny-side up" egg is cooked with the yolk on top; an "over easy" egg is flipped halfway through cooking.



- **Scramble It:** A scrambled egg is cracked out of its shell into a bowl and beaten with a fork or whisk to combine the yolk and the white, then cooked in a frying pan in a little butter or oil until it's fluffy and firm.



WORD PLAY: EDIBLE IDIOMS

To have "egg on your face" means that you're embarrassed by something you've done. An expression like this is called an "idiom." In an idiom, the words suggest something different from what they literally mean. You may have heard the idiom, "It's raining cats and dogs." Luckily, that doesn't mean that people's pets are actually falling from the sky! It just means that it's raining really hard.

Here are some other food idioms:

"You spilled the beans" means that someone has told a secret.

"A piece of cake" means that something is easy.

"Don't put all your eggs in one basket" means that you shouldn't devote all your energy and resources to one thing.

"Don't count your chickens before they've hatched" means you shouldn't assume you'll be successful before it happens.

Can you think of any other idioms? Bonus points if they use food words!



Make an Eggshell Garden

To celebrate spring, turn your eggshells into mini-gardens. We planted a mix of grass and herbs, but you could also plant little flowers or even lettuce.

WHAT YOU NEED

Eggs
Butter knife
Paper towel
Thumbtack
Seeds and potting soil

INSTRUCTIONS

1. Use the back of the knife to give your egg a sharp whack near the top. Break off just the top (it doesn't need to be perfect), then dump the raw egg into a bowl to cook later.
2. Gently wash the eggshell and leave it to dry.
3. Use the thumbtack to poke a small hole in the bottom of your eggshell. This is easiest if you rest the bottom of the eggshell on the paper towel while you poke it. This can take a few tries, and you may

even break a shell or two. Once you have a small hole, cut or tear a small piece of the paper towel to cover the hole and place it inside the eggshell, covering the hole. This will let the water out, and keep your soil in.

4. Fill your eggshell with potting soil. Follow the directions on your seed packet for how deep to plant them.
5. Stand your egg planters on bottle caps, in empty jars, or in an egg carton, and place them in a sunny spot. Feel the soil with your finger every day to see if they need water. You want it to feel damp—kind of like a wrung-out sponge.

Your seed packet will tell you how long it will take for sprouts to emerge. If you don't have a packet of seeds, try planting a dried bean or lentil, or the seeds from a lemon or orange.



SHELLFUL OF MATH

A quail egg weighs **9** grams.
A chicken egg weighs **50** grams.
A duck egg weighs **75** grams.
A goose egg weighs **145** grams.
An emu egg weighs **500** grams.
An ostrich egg weighs **1300** grams.

1. How much more does an emu egg weigh than a goose egg?
2. If you had a duck egg and a chicken egg, how many grams would they weigh together?
3. How many grams would all of these eggs weigh combined?
4. Which three eggs could you add together to weigh 1359 grams?

GET MOVING: THE CHICKEN DANCE

Dancing is one of our favorite ways to get moving. If you're feeling a little cooped up, it might be time to do the Chicken Dance. (If we knew an egg dance, we could wonder which came first.)

Look up "The Chicken Dance song" online (it's easy to find!) and follow these steps.

1. Make a "beak" with your thumb and fingers in front of your mouth. Open and close them along with the music, four times.
2. Make two "wings" by putting your hands into your underarms and flap them along with the music, four times.
3. Wiggle your "tail" by moving your hips and bending your knees along with the music, four times.
4. Clap four times along with the music.
5. Repeat this four times until you hear the music change.
6. When the music changes you can do-si-do or dance in a circle, depending on how many people you have with you.
7. When the music changes back, repeat steps 1–4.
8. Repeat the entire dance until the song is over.



WHERE IN THE WORLD?

Eggs are versatile, which means they can be used in many different ways. In Israel, boiled eggs are eaten during the holiday of Passover. In France, omelets and crêpes are popular ways to eat eggs. Italians eat frittatas, while Spaniards eat tortillas (which are different from the Mexican kind your burrito is wrapped in). In Chinese American cooking, there is a dish called egg foo yong. In Japan, tamago is a type of omelet used in sushi-making. Why do so many cultures use eggs in so many different styles? Because they're egg-cellent, of course! Ask your parents (or older relatives, if you can) how they ate eggs while they were growing up. Then, look at a map, choose a country, and figure out if the people there eat eggs—and if so, how!

Ohio's SNAP-Ed and EFNEP Programs

SNAP-Ed

Ohio's Supplemental Nutrition Assistance Program - Education is a nutrition education program serving low-income adults and youth throughout Ohio. It is a partnership between the Ohio Department of Job and Family Services and Ohio State University Extension. Its goal is to improve the likelihood that families and individuals who receive food assistance benefits (SNAP benefits) make healthy food choices and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

SNAP-Ed programming focuses on Diet Quality including promotion of Physical Activity, Food Safety, and Food Resource Management. The dissemination of nutrition education is mainly achieved by classes which are scheduled throughout Ohio and in 88 counties.

Participants learn to select fruits and vegetables, whole grain, and low-fat dairy products for a healthy diet; to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. In FY18, SNAP-Ed reached 436,272 adult and youth participants.

EFNEP

The Ohio Expanded Food and Nutrition Education Program serves limited resource adults who care for children in their homes as well as limited-income youth. The program utilizes interactive discussions and activities to guide participants through a series of community based workshops aimed at improving diet quality, food safety and physical activity. Adult participants also gain skills in food preparation and managing their food budgets. Youth programming is conducted in classrooms, after school programs or camps, and summer food feeding sites. During FY18, Ohio EFNEP reached 2,840 adult and 7,228 youth participants, with a total reach of 10,128 family members. The program is free and offered in 18 Ohio counties.



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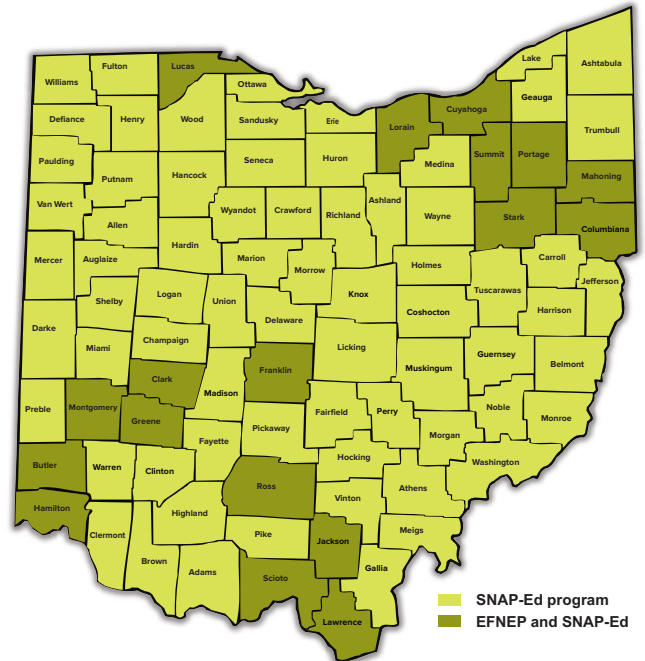
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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Celebrate Your Plate

The **Celebrate Your Plate** site helps you budget for, plan, and create healthy, tasty meals. You'll find recipes, shopping tips, cooking tips, and even tips on growing your own food. Plus, you can comment on recipes and read comments from others. Celebrate Your Plate is out and about in communities around Ohio – just look for the Celebrate Your Plate logo!



Family and Consumer Sciences

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state, and county governments and private grants. Programs emphasize “empowerment through education.”

About

SNAP-Ed and EFNEP are equal opportunity programs. For more information about Ohio SNAP-Ed, explore go.osu.edu/snap-ed For details regarding Ohio EFNEP in your area, visit efnep.osu.edu Discover tips, whole-some recipes and more at CelebrateYourPlate.org

Ever Seen a Meatball "Veg Out"?

Zucchini Meatballs



Zucchini

is packed with
B vitamins.

Visit CelebrateYourPlate.org for tasty,
healthy recipes your whole family will love.

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