

KIDS CLUB

NEWSLETTER

Welcome to week 7 of our new ChopChop Kids Club newsletter! (If you missed the last one, it's [here](#).) This week we're focusing on rice. We like to keep a big bag of rice in our pantry to add to soups, top with beans, serve with stir-fries, use to make rice pudding, and so much more. Our Double-Vegetable Fried Rice is a great way to use up all sorts of leftovers. We even prefer using leftover rice, so make this recipe when your family needs a refrigerator clean-out.

Get ready to rice and shine!




CHOPCHOP
FAMILY

DOUBLE-VEGETABLE Fried Rice

We love putting as many vegetables as we can into our fried rice. What do you have in your refrigerator? If you think it might work in this dish, go ahead and add it. You can also add chopped fresh basil or cilantro leaves at the end, if you have them. You can make this with freshly cooked rice, but we don't recommend it—it's best if the rice is at least a day old, since drier rice fries better. This dish is great for any meal—breakfast, lunch, or dinner—and as good cold as it is hot!

ADULT: YES | HANDS-ON TIME: 45 MINUTES | TOTAL TIME: 45 MINUTES | MAKES: 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring spoons
Measuring cups
Small bowl
Fork
Large skillet
Wooden spoon or heatproof spatula
Pot holders

INGREDIENTS

- 1 tablespoon toasted sesame oil or vegetable oil
- 3 scallions, root ends trimmed off, greens and whites chopped and kept separate
- 2 celery ribs, including the leaves (if you have them), chopped
- 3 cups assorted sliced or diced vegetables, such as bell peppers, zucchini, cabbage, broccoli, and/or mushrooms
- 3 cups leftover cooked brown rice (ideally day-old)
- 1 teaspoon vegetable oil
- 2 large eggs, beaten
- 4 cups baby kale or spinach
- ½ cup frozen peas (no need to defrost)
- 2 tablespoons low-sodium soy sauce
- 1½ tablespoons unseasoned rice vinegar (or 1 tablespoon white vinegar)
- 1 tablespoon toasted sesame seeds (if you have them)
- ¼ teaspoon crushed red pepper (if you like)



INSTRUCTIONS

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

1. Put the skillet on the stove and turn the heat to medium-high. When the skillet is hot (if you flick water on it, the water should dance and evaporate), add the sesame oil, scallion whites, celery, and assorted vegetables and cook, stirring occasionally, until they start to brown, 3–5 minutes.
2. Add the rice and stir until well mixed and heated through. Lower the heat to medium-low.
3. Push the rice and vegetables to one side of the skillet and add the vegetable oil. When the oil is hot, add the eggs and cook until set, about 1 minute, scrambling as you go. Mix the eggs into the rice.
4. Add the scallion greens, kale or spinach, frozen peas, soy sauce, vinegar, sesame seeds, and crushed red pepper, if using, and mix well. Cook until the kale or spinach is wilted, about 2 minutes. Now taste the fried rice. Does it need another tiny splash of soy sauce? If so, add it and taste again, then serve.

OR ELSE

No scallions? No problem! You can substitute chopped onion. Cook the onion in the sesame oil for 5 minutes before adding the celery and other vegetables. You can also add a minced garlic clove, if you like.

What Kind of Rice Should I Use?



There are many different types of rice. We usually specify a particular type in our recipes, but feel free to use whatever you like or have in your kitchen.

- Many kinds of rice, including both brown and white rice, come in **long-grain** and **short-grain** varieties. Long-grain rice cooks up drier and fluffier; short-grain rice cooks up chewier and stickier.
- We prefer **brown rice** as a rule, because it is nutty-tasting and satisfying, and it is so good for you, too.



Kitchen Skill: How to Cook Rice

Cooking rice is an essential skill because you can make so many easy dishes using rice as a base. Plus, once you can cook rice, you'll be able to cook all sorts of grains, such as quinoa, bulgur, and barley. You might be used to steaming rice, but you'll get better results (and never risk burning it) when you boil it in lots of water and then drain it, the way you'd cook pasta. Once you get the hang of making it, you'll find that it's really easy.

ADULT: YES | HANDS-ON TIME: 5 MINUTES | TOTAL TIME: 40 MINUTES | MAKES: 2 CUPS

KITCHEN GEAR

Medium-sized pot with lid
Measuring cups
Strainer
Large spoon
Fork
Pot holder
Clean dish towel

INGREDIENTS

1 cup brown or white rice

INSTRUCTIONS

1. Fill the pot halfway with water, then cover it and set it on the stove. Turn the heat to high and bring the water to a boil (you'll know it's boiling because you'll see little bubbles breaking at the surface).
2. Meanwhile, put the rice in the strainer and rinse it under cold running water.
3. Add the rinsed rice to the pot of boiling water, stir well, and boil uncovered until the rice is tender (pull some out with the fork, rinse it under cold water, and taste it), about 18 minutes if you're using white rice or 30 minutes if you're using brown rice. Return the strainer to the sink.
4. Use the pot holder to pour the cooked rice into the strainer in the sink and drain it really well.
5. Return the rice to the now-empty pot. Cover the pot with the dish towel and then the lid. Leave the rice to steam, off the heat, for 10 minutes.
6. Stir the rice with the fork and serve right away or use it in your recipe.



BAGFUL OF MATH

According to Guinness World Records, the heaviest-ever bag of raw rice weighed 557 kilograms (almost 1,228 pounds). It was displayed at a food exhibition in Dubai in the United Arab Emirates in 2016, before being donated to charity.

1. Cooked rice weighs about double what raw rice weighs. What was the weight of all the cooked rice made from the bag of rice? See if you can figure it out in kilograms as well as in pounds.
2. 1 kilo of rice contains about 5 cups of rice. How many cups of rice were in the bag?
3. 1 kilo of rice makes about 10 servings. How many people did the bag of rice feed?

WHAT'S DIFFERENT?

We found 8 changes in the picture on the next page.
Can you find them all?







TOO MUCH RICE?

If you don't use all of your rice for this recipe, or just want to use it in a new way, try one of these recipes.

- **Red Beans and Rice** www.chopchopfamily.org/recipe/red-beans-and-rice
- **Morning Rice Pudding** www.chopchopfamily.org/recipe/morning-rice-pudding
- **Onigirazu Rice "Sandwich"** www.chopchopfamily.org/recipe/onigirazu-rice-sandwich
- **Chinese Congee** www.chopchopfamily.org/recipe/chinese-congee
- **Indonesian Gado Gado** www.chopchopfamily.org/recipe/gado-gado

◀ **Morning Rice Pudding**



WHERE IN THE WORLD?

Rice is a staple food of over half of the world's population—which means that more than 3.5 billion people depend on rice for their meals. This also means that there are lots of amazing ways to cook and eat rice, from all around the globe! So many cultures use rice in different ways, from Chinese congee and Japanese sushi to Latin American arroz con pollo and Mexican horchata. Can you think of, or research, three other rice dishes from three different countries? Can you find those countries on a map?



GET MOVING/MINDFULNESS: BROCCOLI POSE

Okay, this is actually a yoga position called Tree Pose. But the broccoli we're adding to the fried rice looks like little trees, so we changed the name. When you want to feel grounded, have a stretch, or work on your balance, take a minute and try this pose. Here's how:

1. Stand up straight and tall. Take a deep breath.
2. Find something to focus on, like a wall, a window, or an object in the room and keep your eyes there. This will help you stay balanced.
3. Breathe out and lift up your left foot. Bend your knee up and turn it out to the side. Put your left foot on the inside part of your right leg.
4. Stay balanced by shifting your weight onto your right leg and keeping it straight. Think of it like a tree trunk, with roots in the ground that hold it strong and still.
5. Take a breath in and reach your hands out to the sides, like tree branches.
6. Breathe out and bring your hands together in front of your heart. Then lift them to the sky like a growing tree.
7. Try to stay balanced and hold the pose as long as you can.
8. Bring your leg back to the ground and take a break. Then, try the same thing with your right leg.

EDIBLE VOCABULARY

BY BIRDY NEWMAN

We've listed the names of 8 different international rice dishes. Can you match the name of the dish with its description?

- | | |
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| <ol style="list-style-type: none"> 1. Risotto 2. Biryani 3. Pabellón Criollo 4. Paella 5. Tahdig 6. Dirty Rice 7. Khao Niao Ma Muang 8. Jollof | <ol style="list-style-type: none"> a. an Iranian dish whose Persian name translates to "bottom of the pot," made by pan-cooking rice so it develops a crispy crust b. a Thai dessert combining mango and coconut milk with sticky rice c. a West African dish of rice cooked in tomato sauce, often served at parties d. a special-occasion dish popular in India and usually made by cooking long-grain rice with meat, vegetables, and spices e. a creamy Italian dish made with short-grain rice and broth f. a Venezuelan dish of rice, black beans, and shredded beef, sometimes served with fried plantains or a fried egg g. a dish from Louisiana that combines rice with spices and small pieces of meat and vegetables h. a dish from the Valencia region of Spain made by cooking rice in a pan with meat, seafood, vegetables, and the spice saffron |
|--|--|

Answers: 1e; 2d; 3f; 4h; 5a; 6g; 7b; 8c

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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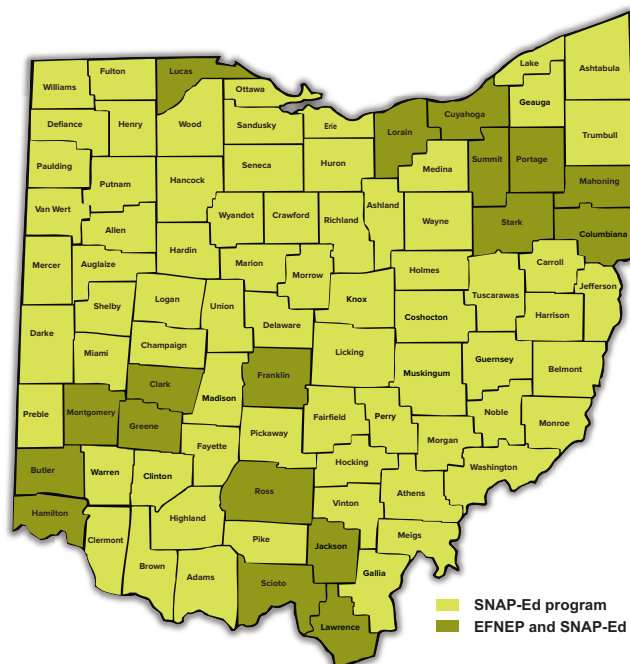
USDA Nondiscrimination Statement

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



■ SNAP-Ed program
■ EFNEP and SNAP-Ed

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, wholesome recipes and more at CelebrateYourPlate.org

No Crust. All Taste.

Veggie Pizza Bites



Eggplant
is high in
antioxidants.



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

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