

KIDS CLUB

NEWSLETTER



Welcome to the latest issue of our ChopChop Kids Club newsletter! (If you missed the last one, it's [here](#).)

This week we're cooking pasta. Do you have pasta night at your house? What's your favorite pasta shape? Something long, like spaghetti? Short and tubular, like ziti? A fun shape, like wagon wheels or bowties? The main recipe this week is a salad made from orzo, a small rice-shaped pasta that's fun to eat. The skills you'll practice will help you cook up any kind of pasta. Imagine the pasta-bilities!



Orzo Salad

The best thing about this summer salad is that you can add anything you have on hand—canned white beans, cubes of cheese, leftover cooked vegetables, nuts, herbs, and more. The list of ingredients is only a suggestion—make this salad your own by adding your favorite ingredients and extras. BY KATHY GUNST

■ HANDS-ON TIME: 30 MINUTES ■ TOTAL TIME: 40 MINUTES ■ MAKES: 4 SERVINGS

KITCHEN GEAR

Sharp knife (adult needed)
Cutting board
Measuring cups
Measuring spoons
Large pot
Colander or strainer
Pot holders
Large bowl
Wooden spoon or silicone spatula

INGREDIENTS

- 1 cup orzo (about a third of a 1-pound box), cooked and drained (see next page)
- 2 to 3 cups chopped or shredded raw or cooked vegetables: corn kernels, bell peppers, carrots, celery, zucchini, broccoli, tomatoes, beans, or other favorites
- $\frac{1}{4}$ cup olive oil
- 3 tablespoons fresh lemon juice or vinegar (any kind)
- $\frac{1}{4}$ cup chopped fresh parsley, cilantro, basil, or mint (or 1 teaspoon dried)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

INSTRUCTIONS

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

1. While the orzo cooks, put the vegetables in the bowl. Add the olive oil, lemon juice or vinegar, herbs, salt, and pepper and stir.
2. Add the drained orzo and stir well. Taste a little and add more salt or pepper if needed.
3. Serve right away, or cover and refrigerate up to 4 hours.



Kathy Gunst is a James Beard award-winning food journalist. She's the author of 16 cookbooks, most recently *Rage Baking: The Transformative Power of Flour, Fury, and Women's Voices*. She is also the resident chef of NPR's daily news show *Here & Now*.

GET CREATIVE

What else could you add to your Orzo Salad? Look in your refrigerator and pantry for inspiration—and in your garden, too, if you've got one. Chopped olives? Minced garlic? Grated lemon zest? Crumbled feta? Try it and see!

KITCHEN SKILL

How to Cook Pasta



1. Fill a large pot two-thirds full with water and put it on the stove (an adult may need to carry it). Add a tablespoon of kosher salt, cover the pot, and set the heat to high.
2. Use pot holders to peek under the lid and watch for bubbles breaking all over the surface, which means the water is boiling. When the water comes to a full, rolling boil, carefully add the pasta and stir with tongs or a wooden spoon. When the water returns to a boil, lower the heat to medium.

3. Cook, without a lid, until the pasta is tender (see the pasta box for the range of cooking times). Test the pasta for tenderness by carefully fishing a piece out with tongs, running it under cold water, and tasting it. When it's done just the way you like it, turn off the heat.
4. Put a colander in the sink. Ask an adult to use pot holders to take the pot off the stove and pour the hot water and pasta into the colander. Gently shake the colander to help the water drain. Your pasta is ready to serve!





Pasta with Peas

DO YOU HAVE MORE PASTA?

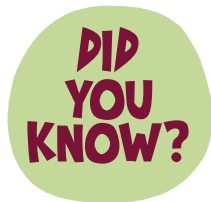
Try some of these recipes.

- **Corny Tomato Pasta Salad:** www.chopchopfamily.org/recipe/corny-tomato-pasta-salad/
- **Pesto Pasta with Green Vegetables:** www.chopchopfamily.org/recipe/pesto-pasta-with-green-vegetables/
- **Pasta with Peas:** www.chopchopfamily.org/recipe/pasta-with-peas/
- **Triple Green Pasta:** www.chopchopfamily.org/recipe/triple-green-pasta/
- **Spaghetti with Red Clam Sauce:** www.chopchopfamily.org/recipe/spaghetti-with-red-clam-sauce/
- **Peanutty Sesame Noodles:** www.chopchopfamily.org/recipe/peanutty-sesame-noodles/

WORD FUN: PASTA POEM

So many words for pasta are really fun to say, and since most Italian words end in vowel sounds, a lot of them rhyme! Pick a few pasta words and make your own pasta poem. It can be long or short, and it can rhyme or not! Here's one to get your ideas flowing.

*I wanted some round tortellini
But all we had was a box of linguine
So I put it in a pot
Boiled till it was hot,
And topped it all off with zucchini.*



October is National Pasta Month.

The expression "use your noodle" means "use your brain to think about something."

POTFUL OF MATH: ESTIMATING WITH PASTA

Estimating is when you roughly guess a value, number, or quantity of something. For example, you might estimate that your house is a mile from the supermarket or that there are 1000 leaves on a tree. When you're cooking pasta, you'll never need to count how many pieces of pasta you're cooking, since pasta is packaged by weight and you can always measure it. But it can be fun to guess. Try out your estimation skills:

1. Look at your box of orzo and guess how many pieces of orzo are inside.
2. Now gather more information and estimate again. For example, you might count the number of orzo in 1 tablespoon, then use that number for the basis of a new calculation. How did you come up with your estimate?
3. Would measuring the box help? What information would it give you?



GET MOVING: NOODLE AROUND

Turn on some music and move like a piece of pasta. Match your movements to their shapes: a piece of spaghetti is long and wiggly; rotini is twisty. What other pastas and movements can you come up with? Have someone in your family yell out the name of a pasta and then everyone has to move like that pasta for 10 seconds. Then someone else will choose a new style. Continue until the song is over or you run out of pasta names!

WHERE IN THE WORLD?

Noodles and pasta are found all over the world, in many countries and cultures. In Japan, soba noodles are made from buckwheat flour. In Vietnam, the famous flavorful soup called pho is filled with rice noodles. If you visit Italy you might eat gnocchi, penne, and lasagna, while in Morocco you'll eat teeny pasta called couscous. In Argentina you can try sorrentinos, which are kind of like ravioli, and in Spain fideos are thin, short noodles that are used in soups or fideua, a dish that is like paella. In Germany, spätzle is served with cabbage and cheese, and in Jewish tradition, noodles are made into a dish called kugel.

There are so many ways to eat noodles and pasta! Choose a country or culture and see what you can learn about the pasta or noodles they eat. Then, see if you can find a recipe to make it yourself at home!

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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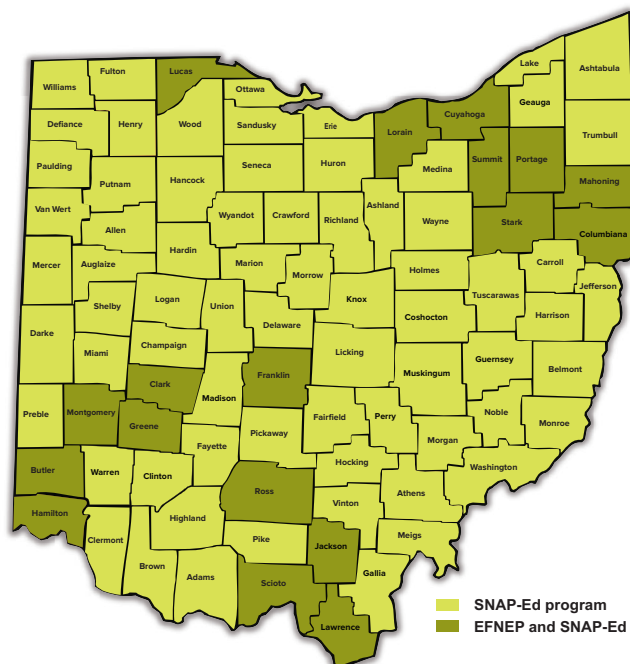
USDA Nondiscrimination Statement

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



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

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.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).