



**BONUS
ACTIVITY
SECTION**

How to...

Make fun recipes for spring

From breakfast and lunch to smoothies and snacks, these dishes are delicious and easy to prepare.

BACON PASTA SALAD

Ingredients

- 10 ounces whole-wheat rotini pasta
- 3 tablespoons mayonnaise
- Juice of one lemon
- 1 tablespoon cider vinegar
- 1 clove garlic, grated
- 1 teaspoon Dijon mustard
- 1 small shallot, minced
- 2 tablespoons chopped dill
- 6 tablespoons olive oil
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 4 slices cooked bacon, roughly chopped
- 3½ cups baby spinach
- 1 heaping cup cherry tomatoes, halved
- 1 avocado, chopped

WOW!
There are more than 500 shapes of pasta, according to the International Pasta Organization.



Instructions

1. Boil pasta according to the package directions. Drain and rinse with cool water. Set aside.
2. In a small bowl, make the dressing. Whisk together the mayonnaise, lemon juice, cider

vinegar, garlic, mustard, shallot, and dill. Slowly whisk in the olive oil in a steady stream, until the dressing is well combined. Season with salt and pepper.

3. In a large bowl, combine pasta, bacon, spinach, tomatoes, and avocado with three quarters of the dressing. Gently toss to coat. Serve with leftover dressing on the side. Serves 6.

WARNING!

Ask an adult's permission before using a blender, knife, oven, or stovetop for any of these recipes.

PEACHY PINEAPPLE SMOOTHIE

Ingredients

- ¼ cup vanilla yogurt
- ¾ cup frozen peaches
- ¼ cup pineapple
- ½ cup canned coconut milk
- ¼ teaspoon vanilla extract
- 1 to 2 teaspoons honey (optional)
- Maraschino cherries (for garnish)
- Toasted coconut (for garnish)

Instructions

1. Combine all the ingredients in a blender and puree until smooth.
2. Divide between two cups, and garnish each with a cherry and toasted coconut. Serve immediately. Makes 2 servings.





COLORFUL CRISPY TREATS

Ingredients

- 4 cups crisped rice cereal
- 2½ cups fruit-flavored rice or corn cereal
- 5 tablespoons unsalted butter
- 6 cups marshmallows (about a 10-ounce bag)
- ½ teaspoon vanilla

Instructions

1. Line an 8-inch square baking dish with parchment paper and lightly coat with cooking spray. Combine both cereals in a big bowl.
2. In a large pot over low heat, melt the butter. Add the marshmallows and vanilla, and cook until the marshmallows are melted and smooth, stirring frequently, about 3 minutes.
3. Stir in half of the cereal mixture until it is evenly coated in marshmallow, then add the remaining cereal and stir once more to evenly distribute the melted marshmallow.
4. Lightly press the mixture into the prepared dish. Lay a sheet of parchment on top of the treats to gently smooth the surface, taking care not to press the treats too much. Let cool completely before cutting. Makes about 16 squares.

RAINBOW HAND ROLLS

Ingredients

- ¾ cup uncooked sushi rice
- 1 tablespoon rice vinegar
- 1¾ teaspoons sugar
- ½ teaspoon kosher salt
- 2 teaspoons toasted sesame seeds
- 4 large sheets nori (dried edible seaweed), halved crosswise
- Half an avocado, sliced
- 1 large orange carrot, cut into thin matchsticks
- 2 Persian cucumbers, seeded and cut into thin matchsticks
- Half a red bell pepper, cut into matchsticks
- Half a yellow bell pepper, cut into matchsticks
- ¾ cup thinly sliced red cabbage
- Soy sauce (for dipping)

Instructions

1. Cook the rice according to the package directions. Meanwhile, pour the vinegar into a large bowl and stir in the sugar and salt until dissolved. Add the cooked rice and sesame seeds and stir to combine evenly. Let the rice cool.
2. Spread 2 to 3 tablespoons of the rice on one end of a nori sheet. Dot bottom corner of the other end with a few grains of rice (you'll use it later to secure the roll).
3. Top the rice with a slice of avocado, followed by ½ each of the carrot, cucumber, red and yellow bell peppers, and cabbage. Roll into a cone, as shown. Serve immediately with soy sauce. Makes 8 rainbow rolls.

DID YOU KNOW?
The origins of sushi date back to about the 4th century BCE in Southeast Asia.





How to...

MISO BUTTER RAMEN NOODLES

Ingredients

- 2 (3.5-ounce) packages uncooked ramen noodles, seasoning discarded
- 3 tablespoons unsalted butter
- 1 clove garlic, grated
- 1-inch knob fresh ginger, peeled and grated
- 2 tablespoons miso paste
- ½ cup frozen peas, thawed
- ½ cup frozen corn, thawed
- 1 large carrot, peeled and shredded
- 2 scallions, sliced (for garnish)
- Cilantro leaves (for garnish)
- Sesame seeds (for garnish)

Instructions

1. Bring 4 cups of water to a boil. Add the noodles and cook for 2 minutes. Drain, reserving 1 cup of the noodle water.
2. Melt butter in a large skillet. Add the grated garlic and ginger and cook for 1 minute. Add the miso paste and ½ cup noodle water and continue to cook until the miso is dissolved and the sauce has slightly thickened, about 3 minutes.
3. Add the ramen noodles, peas, corn, and carrots and cook until heated through, about 2 minutes more. If the mixture becomes too sticky, you can add more noodle water, about 1 tablespoon at a time, to loosen.
4. Divide the cooked ramen noodles evenly among four bowls and top each with scallions, cilantro, and sesame seeds. Serve immediately. Makes 4 servings.



FUN FACT
The longest noodle certified by Guinness World Records was more than 10,119 feet long.

BANANA BREAD MUFFINS

Ingredients

- 1¼ cups flour
- ⅔ cup rolled oats
- ¾ teaspoon kosher salt
- ¾ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ cup dark brown sugar
- 2 tablespoons maple syrup
- 6 tablespoons unsalted butter, melted
- 2 large eggs, at room temperature
- 1 teaspoon vanilla extract
- 3 ripe bananas, mashed
- ½ cup walnuts, roughly chopped

Instructions

1. Heat oven to 350° F. Line a muffin tin with paper cupcake liners.
2. In a medium bowl, whisk together the flour, oats, salt, baking soda, cinnamon, and brown sugar.
3. In another bowl, stir together the syrup, butter, eggs, vanilla, and bananas.
4. Add half of the flour mixture to the syrup mixture and stir to combine. Add the remaining flour mixture and stir until smooth. Fold in the walnuts.
5. Fill each baking cup three quarters full with the batter. Bake on the center rack until a toothpick inserted into the center of one of the muffins comes out clean, about 16 to 18 minutes.
6. Let cool before serving, and store leftover muffins in an airtight container for up to 2 days. Makes 12 muffins.



JOY HOWARD



SWEET TREAT
According to a YouGov survey, the most popular ice cream flavor in the US is vanilla, followed by chocolate.

BROWNIE SUNDAE CUPCAKES

Ingredients

- 12 brownie bites
- 2 pints vanilla ice cream
- ¾ cup hot fudge or chocolate sauce
- Whipped cream (for topping)
- Rainbow nonpareils or sprinkles (for topping)
- 12 maraschino cherries

Instructions

1. Line a muffin pan with 12 liners and place a brownie bite in each. Use a pastry tamper or your hands to evenly press the brownie into the bottom of the pan.
2. Scoop ¼ cup of the ice cream into each well. If you like, use the back of a spoon to spread it in an even layer. Freeze until solid, about 4 hours.
3. To serve, place each cupcake in a dish, then top with hot fudge, whipped cream, sprinkles, and a cherry. Serve immediately. Makes 12 sundae cupcakes.

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COCOA-ALMOND BERRY SMOOTHIE

Ingredients

- 1 cup frozen strawberries
- 2 tablespoons almond butter
- 1½ teaspoons dark cocoa powder
- 1 cup oat milk
- 1 tablespoon maple syrup
- ½ teaspoon ground cinnamon

Instructions

1. Combine all the ingredients together in a blender and puree until smooth.
2. Divide between 2 cups. Serve immediately. Makes 2 servings.

