THE FUN COOKING MAGAZINE FOR FAMILIES

SPRING 2022

CELEBRATE SPRING CAMPA IN THE BACK YARD



Sin.

EA

ALL ABOUT AVOCADOS • CARROT CAKE OATMEAL CLASSIC LIMEADE • CINNAMON "FRIED" BANANAS

QUICK BITES

Guacamole (page 30) and whole-grain chips

COME.







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SPRING

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ALL ABOUT AVOCADOS

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All recipes by **Sally Sampson** and **Catherine Newman**, unless otherwise attributed.





THE LEARNING GUIDE TO THIS ISSUE LEARN THE KEY

At the top of each recipe, you'll find a key code. Here's how to read it:

ADULT: YES HANDS-ON TIME: 30 MINUTES TOTAL TIME: 1 HOUR MAKES: 6 SERVINGS

ADULT

"Yes" means you need an adult to help you. "No" means you can do it by yourself. Always get help from your adult when a recipe calls for using a knife, food processor, blender, or stove. HANDS-ON TIME This is how long it takes to work on the recipe, including gathering your kitchen gear and preparing the food. During hands-on time, you can't do anything other than work on the recipe. TOTAL TIME This is how long it takes to make the recipe from start to finish, including the time for cooking and baking when you may be able to do something else—like clean up! In recipes that do not involve cooking, this may be the same as HANDS-ON TIME.

MAKES

This number will usually tell you how many people the recipe serves. But sometimes we'll tell you how much the recipe makes.

LEARN THE LINGO

Here are some of the cooking terms you might see in our recipes. If you come across others you don't know, look them up! (You knew we were going to say that.)

- **Cored** means with the stem and hard center part removed.
- Diced means cut up into cubes about the size of dice.
- **A pinch** is the small amount you can pinch between your finger and thumb.
- Pitted or seeded means with the pits or seeds removed.
- Sauté means to cook something gently in a little oil.
- Simmer means to cook at a very gentle boil.
- **To taste** means taste it to see whether you want to add more of something.
- Toss means to mix together lightly.

KITCHEN SKILL How to shred a carrot

- 1. Scrub or peel the carrot.
- 2. Hold the carrot in the hand you write with and the box grater in the other hand.
- Grip the carrot near the top, leaving plenty of room between your fingers and the grater. Hold the grater steady with your other hand.
- 4. Push the carrot down along the holes of the grater, from top to bottom, then lift the carrot off the grater and repeat until a pile of shredded carrot accumulates inside the grater.

Be careful not to grate your fingers! When the carrot gets too small to hold safely, stop grating—and snack on that last piece.



KITCHEN SKILL How to pit and cut an avocado



- 1. Cut around the avocado, end to end, slicing all the way to the pit. (This is a job for an adult.)
- 2. Twist the halves to separate them.
- 3. Cut the half with the pit in half again, then remove the pit.
- 4. Use a spoon to separate the avocado from its peel, then slice or dice it however you like.



KITCHEN SKILL How to cook and drain pasta

- 1. Fill a large pot halfway with water, put the lid on, put it on the stove, and set the heat to high. When the water comes to a boil (you'll know it's boiling when you see bubbles breaking at the surface), carefully add the pasta.
- 2. Stir the pasta with a heatproof spoon, and set a timer for the number of minutes recommended on the package.
- 3. When the timer goes off, use a slotted spoon or fork to lift out a piece, then run it under cold water before tasting. If it's not quite done yet, try again in another minute or two. When the pasta is cooked to your liking, pour it into a colander in the sink, using potholders and being careful to tip the pot away from you.
- 4. Shake the colander over the sink to drain as much water as you can before serving the pasta or continuing with your recipe.







A ripe avocado is as easy to mash as butter! And it's rich, yummy, and filling—the perfect topper for a piece of toast. This makes a good breakfast, lunch, or snack.



Nelson tastes his creation.



BEFORE YOU START

WASH your hands with soap and water and dry them.

ALC: N

CLEAN the countertop.

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PREPARE your ingredients, which means you may have to do something before you get started with the instructions.



ANNUL T

HEALTHY START

Carrot-Cake Oatmeal

This oatmeal puts all the spicy-sweet flavors of carrot cake right into your breakfast bowl! We love the chewy texture of steel-cut oats, but if you prefer regular oatmeal, simply add all the ingredients at once and follow the directions on the oatmeal container.

ADULT: YES HANDS-ON TIME: 30 MINUTES TOTAL TIME: 50 MINUTES MAKES: 4 SERVINGS

KITCHEN GEAR

Grater (adult needed) Measuring cups Measuring spoons Medium pot Pot holders

INGREDIENTS

- ⅔ cup steel-cut oats
- 2¹/₂ cups water
- ¹/₂ teaspoon vanilla extract
- ¹/₄ teaspoon salt
- ¹⁄₄ teaspoon ground cinnamon Pinch ground ginger (if you like) Pinch ground nutmeg (if you like) 1 cup finely grated carrots

(about 2 carrots) (see page 4) Maple syrup, for serving

INSTRUCTIONS

- 1. Put the oats, water, vanilla, salt, cinnamon, and other spices, if using, in the pot and put the pot on the stove. Turn the heat to high and bring to a boil.
- 2. Lower the heat to very low, cover, and cook for 10 minutes. Add the carrots and continue cooking uncovered, stirring occasionally, until the oatmeal is tender, about 15 minutes longer. Serve right away, drizzled with maple syrup.



GET CREATIVE

- Make it creamy: Use milk instead of water.
- Make it nutty: Garnish with 2 tablespoons chopped walnuts.
- Make it coconutty: Use 1 cup coconut milk and 1¹/₂ cups water instead of 2¹/₂ cups water, and garnish with 2 tablespoons shredded coconut.
- Make it fruity: Garnish with 2 tablespoons unsweetened dried fruit: raisins, dried cranberries, currants, or chopped apricots, dates, or prunes.
- Make it lemony: Add the grated zest and juice of ½ lemon at the end.

knives, appliances (blender and food processor), the stove or oven, and hot ingredien

is a bursting, blooming season of transitions, when everything feels possible and summer is just over the horizon. It might not be sunny enough for a real picnic but you can picnic on your living room floor! And it might not be warm enough to camp out—but it's warm enough to pretend to camp out in your backyard! We've got all the recipes you need to make the most of these *not-quite* days.

PICNIC IN THE LIVING ROOM

Nikki and Lilly enjoy their wings on an indoor outing.

SAFETYTP Get an adult's permission and help with all sharp knives,

Lemon-Glazed Chicken Wings

Instead of marinating the chicken, we dress it after it's been cooked, when it's still hot and can absorb the marinade through and through. Feel free to experiment with different citrus (limes and oranges are delicious too) and different herbs.

ADULT: YES | HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 1 HOUR | MAKES: 3-4 SERVINGS

KITCHEN GEAR

Cutting board Sharp knife (adult needed) Measuring spoons Rimmed baking sheet Aluminum foil or parchment paper Tongs Pot holders Large bowl

INGREDIENTS

- 3 pounds bone-in, skin-on whole or split chicken wings
- 1 teaspoon salt, divided
- ¹⁄₄ teaspoon black pepper
- Grated zest and juice of 2 scrubbed lemons
- 1 tablespoon honey
- 2 teaspoons garlic powder
- 2 teaspoons dried rosemary, thyme, or oregano, or a combination
- 1 teaspoon olive or vegetable oil
- 1 teaspoon red pepper flakes (if you like spicy)

INSTRUCTIONS

- 1. Turn the oven on and set the heat to 450 degrees. Line the baking sheet with aluminum foil or parchment paper.
- 2. If using whole wings, put the wings on the cutting board. Stretch them out until you see three distinct parts: The meatiest part is the drumette, the middle is the wingette, and the other end is the wing tip. Carefully cut off the wing tips and save them to make chicken stock, or throw them away.
- 3. Put the chicken wings, skin-side down, on the lined baking sheet and sprinkle with ½ teaspoon of the salt and the pepper.
- 4. Once the oven temperature has reached 450 degrees, put the baking sheet on the lowest rack in the oven and bake for 20 minutes. Use pot holders to remove the baking sheet from the oven and use the tongs to flip each wing over. Put the baking sheet back in the oven and bake until the wings are golden and crisp, about 20 minutes.
- 5. Put the remaining ½ teaspoon salt and all the other ingredients in the bowl and mix well.
- 6. Using the tongs, transfer the chicken wings to the bowl. Gently mix over and over until almost all the lemon mixture is absorbed by the chicken. Serve right away, or cover and refrigerate up to 2 days.



- WASH your hands with soap and water and dry them.
- CLEAN the countertop.
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- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
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PICNIC IN THE LIVING ROOM

Tortellini Salad

This is a perfect picnic (or anytime) side dish, but it makes a great main dish too. If we're serving it as a main, we like to add cheese or beans—or both! to make it even more satisfying. Kids Advisory Board member Amine added scallions and black pepper and said it was "delicious!"

ADULT: YES HANDS-ON TIME: 30 MINUTES TOTAL TIME: 30 MINUTES MAKES: 6 SERVINGS

KITCHEN GEAR

Cutting board Sharp knife (adult needed) Measuring cups Measuring spoons Jar with lid Large pot Pot holders Colander or strainer Large spoon

INGREDIENTS

For the basil vinaigrette:

- 2 garlic cloves, peeled and finely chopped (or ½ teaspoon garlic powder)
- 2 tablespoons lemon juice or vinegar (any kind)
- 2 tablespoons warm water
- 1 cup fresh basil leaves, chopped, or 1 teaspoon dried basil
- ⅓ cup olive oil
- 1/2 teaspoon salt

For the salad:

- 1 (20-ounce) package frozen tortellini (any kind)
- 1 cup cherry or grape tomatoes, halved
- 1 English cucumber (the kind wrapped in plastic), diced (or 2 regular cucumbers, peeled and diced)



INSTRUCTIONS

- 1. Put all the vinaigrette ingredients in the jar and shake well.
- 2. Cook and drain the tortellini (see page 5). Rinse it in the colander under cold water.
- 3. Put the tortellini in the bowl, then add the tomatoes and cucumber. Shake the vinaigrette again and pour about half into the bowl. Stir well and then taste. Does it need more vinaigrette and/or a pinch of salt? Add it and taste again. Serve right away, or cover and refrigerate up to 3 days.





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GET CREATIVE:

Add any or all of the following:

- 1 bell pepper (any color), seeded and diced
- 1 (15-ounce) can white beans, drained and rinsed
- ½ red onion, diced, or ¼ cup chopped scallions
- 1 cup fresh, frozen (thawed), or canned corn kernels
- 1/4 cup pitted olives
- ½ cup crumbled feta, grated
 Parmesan, or
 cubed cheddar
 cheese



After you chill it, a dish like pasta salad, potato salad, or coleslaw can taste a little bland because the ingredients have soaked up the dressing and also because some of the flavors have evaporated a little bit. Taste it before you serve it and add a little more salt or seasoning if it needs a boost.

Knives, appliances (blender and food processor), the stove or oven, and hot ingredients.





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PICNIC IN THE LIVING ROOM

Your-Way Deviled Eggs

Do you like deviled eggs? What's your favorite kind? When you make them yourself, you can flavor them however you like—with sweet pickle relish or spicy hot sauce or fragrant curry powder. Plus, they're easy. As Kids Advisory Board member Linnea put it, "The most difficult part of the recipe was peeling the eggshells."

ADULT: YES HANDS-ON TIME: 30 MINUTES TOTAL TIME: 30 MINUTES MAKES: 12 EGGS



WHAT DO YOU LIKE?

Your favorite seasonings might include one or more of the following:

- Dried herbs, especially tarragon or basil
- Fresh herbs, such as tarragon, dill, parsley, cilantro, or chives
- Spices, such as curry powder or paprika
- Relish or finely chopped pickles, capers, or scallions
- Something spicy, such as hot sauce or horseradish

KITCHEN GEAR

Cutting board Sharp knife (adult needed) Measuring spoons Small bowl Fork Plate 2 small spoons

INGREDIENTS

- 6 large eggs, hard-cooked and peeled (see chopchopfamily.org/recipe/how-to-hard-cookand-peel-eggs)
- 3 tablespoons plain Greek yogurt
- 2 teaspoons mustard (any kind)
- 1 teaspoon of your favorite seasoning (see below)
- ¹/₂ teaspoon salt

Paprika, for sprinkling (if you like)

Chopped fresh dill or parsley, for garnish (if you like)

INSTRUCTIONS

- 1. Cut the eggs in half lengthwise. Remove the yolks (they'll pop out if you push the white underneath them) and put them in the bowl.
- 2. Add the yogurt, mustard, seasoning, and salt and mash with the fork until coarse or creamy, whichever you prefer. Taste the filling: It should be a little over-seasoned, since it's going to flavor the bland whites. Does it need a pinch of salt or more seasoning? If so, add it and taste again.
- 3. Put the whites on the plate. Use one spoon to refill each egg half with the yolk mixture and the other to scrape the filling off the first spoon. Sprinkle the filled eggs with paprika or herbs, if you like. Serve right away, or cover and refrigerate up to 2 days.

Valery and Caily camp out (at least for pretend).

Black Bean Chili

CAMP N THE

If you've never had meatless chili before, you might be surprised by how incredibly good it is. The black beans make it dark and satisfying, and the spices add all that just-right chili flavor. Serve it as a baked potato topping (see page 18), or in bowls with toppings of its own. (Kids Advisory Board member Chananya amps up the heat with a pinch of cayenne pepper.)

ADULT: YES HANDS-ON TIME: 30 MINUTES TOTAL TIME: 11/2 HOURS MAKES: 6 SERVINGS

KITCHEN GEAR

Cutting board Sharp knife (adult needed) Measuring cups Measuring spoons Large pot with lid Heatproof spatula Can opener Colander or strainer Pot holders

INGREDIENTS

- 1 tablespoon olive or vegetable oil
- 1 onion, peeled and chopped
- 1 bell pepper (any color), seeded and diced
- 2 garlic cloves, peeled and finely chopped (or ¹/₂ teaspoon garlic powder)
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano

- 1 tablespoon chili powder
- 3 (15-ounce) cans black beans, drained and rinsed
- 2 (15-ounce) cans diced tomatoes with their juice
- 3 cups water, plus more as needed
- 1 bay leaf

Salt



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PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

Get an adult's permission and help with all sharp

For topping:

- Chopped fresh cilantro leaves
- Shredded cheddar or Monterey Jack cheese
- Chopped scallions or red onions
- Sliced pickled jalapeños
- Diced bell pepper (any color)
- Plain yogurt or sour cream
- Lime wedges for squeezing

OR ELSE:

No black beans? No problem. Pinto, red, or pink beans work well too.

INSTRUCTIONS

- 1. Put the pot on the stove, turn the heat to medium-high, and add the oil. When the oil is hot, add the onion, bell pepper, garlic, and spices, cover the pot, and cook until the vegetables are just getting soft, about 10 minutes. Stir the vegetables occasionally as they're cooking.
- 2. Turn the heat up to high, add the black beans, tomatoes and their juice, water, and bay leaf and bring to a boil (you'll know it's boiling when you see bubbles breaking at the surface).
- 3. Lower the heat to low and cook, partially covered (with the lid not quite all the way on) and stirring occasionally, until the beans are very soft and the chili has thickened, about 1 hour. If the chili gets too thick or starts sticking before it's done, add a little more water. Taste the chili. Does it need a pinch of salt or any more seasonings? Add it and taste again.
- 4. Fish out the bay leaf and throw it away. Serve right away with any or all of the toppings.



CAMP IN THE BACK YARD

Crusty Baked Potatoes

These potatoes are crunchy on the outside and fluffy on the inside—just the way we like them. For even crustier potatoes, cook them right on the floor of your oven! Kids Advisory Board member Yahmai described the hardest part of this recipe as "waiting for the yummy food."

ADULT: YES HANDS-ON TIME: 10 MINUTES TOTAL TIME: 1 HOUR 10 MINUTES MAKES: 4 SERVINGS

NAUTIC

KITCHEN GEAR Cutting board

Sharp knife (adult needed) Fork Tongs Pot holders

INGREDIENTS

4 russet (baking) potatoes, scrubbed and dried1 tablespoon olive or vegetable oilSalt

For topping:

- Black Bean Chili (page 16)
- Plain yogurt or sour cream
- Shredded cheddar cheese
- Olive oil or butter
- Salt and black pepper
- Pesto
- Chopped scallions or chives

INSTRUCTIONS

Jeremy is ready to try his freshly

baked spud.

- Turn the oven on and set the heat to 450 degrees.
 Poke the potatoes in a few spots with the fork.
 Rub them with the oil and sprinkle with salt.
- 2. Once the oven temperature has reached 450 degrees, put the potatoes on the lowest rack in the oven (not on a baking sheet) and bake until the outside is darkened and crusty and the inside feels soft when pricked with the fork, about 1 hour. Using pot holders, carefully remove the potatoes from the oven and place on the cutting board.

3. Cut each potato in half, then use the pot holders to squeeze the sides gently so that they open up. Serve right away with your favorite toppings.

Get an adult's permission and help with all sharp knives,

them out on a clean dish towel to dry.
 PREPARE your ingredients, which means you may have to do something before you get started with the instructions.



BEFOR

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CLEAN the

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appliances (blender and food processor), the stove or oven, and hot ingredients.



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David and Ariana fill up jars for packable snacking.



11



CAMP IN THE BACK YARD

Mix-and-Go GORP

GORP might stand for "good old raisins and peanuts," but that doesn't mean you have to stick with the trailmix basics! Just go for a combination of sweet and salty, crunchy and chewy, and you'll make yourself a satisfying, nutrition-packed snack.

ADULT: NO HANDS-ON TIME: 5 MINUTES TOTAL TIME: 5 MINUTES MAKES: 8 SERVINGS

In a large bowl, stir together:

- 1 cup roasted nuts: peanuts, walnuts, almonds, cashews, pecans (If your nuts are raw, put them on a rimmed baking sheet and roast them in a 350-degree oven until they're fragrant and look a shade darker, about 5 minutes, then cool.)
- ¹/₂ cup dried fruit: raisins, unsweetened cranberries, cherries, pineapple, papaya, apples, apricots (chopped if large)
- ¹/₂ cup extras: coconut flakes, pumpkin seeds, sunflower seeds, granola, banana chips, whole-grain cereal, popcorn

Store in a lidded container, or portion into 8 small jars or containers.



Cool ReciPes for FROZEN FOODS Lima Bean Hummus

We like to serve this creamy, pale green dip with wholegrain chips or crackers and cut-up raw vegetables. And we love to top it with fresh mint, but if you don't have any fresh mint (and we often don't), you can use a teaspoon of dried mint—even from an herbal mint tea bag! Just add it to the beans while they're cooking.

ADULT: YES HANDS-ON TIME: 15 MINUTES TOTAL TIME: 35 MINUTES MAKES: 8 SERVINGS

KITCHEN GEAR

Cutting board Sharp knife (adult needed) Measuring cups Measuring spoons Medium pot with lid Fork Pot holders Colander or strainer Food processor (adult needed) Silicone spatula Serving bowl or lidded container

INGREDIENTS

- 1 (16-ounce) package frozen baby lima beans
- ¹⁄₄ cup olive oil or tahini, or a combination
- 2 tablespoons fresh lemon juice
- 1 garlic clove, peeled and minced (or ¹/₄ teaspoon garlic powder)
- 1/2 teaspoon ground cumin (if you like)
- ¹/₂ teaspoon salt
- ¹⁄₄ teaspoon cayenne or chili powder or 1 teaspoon hot sauce (if you like)
- 1–2 tablespoons hot water (if needed)
 - 2 tablespoons chopped fresh mint leaves, for topping (if you like)





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- **WASH** your hands with soap and water and dry them.
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appliances (blender and food processor), the stove or oven, and hot ingredients



INSTRUCTIONS

- Put the lima beans in the pot, pour in enough water to cover them, and put the pot on the stove. Turn the heat to high and cover the pot. When you see steam coming out from under the lid, turn the heat down to low and simmer until the beans are tender and creamy, 10 to 15 minutes. (Carefully pull one out with the fork and run it under cold water before tasting.) Drain in the colander or strainer and run under cold water.
- 2. Put the cooked lima beans in the bowl of the food processor fitted with a steel blade. Add the oil or tahini, lemon juice, garlic, and spices and process until smooth, about 1 minute. Add a little hot water if you want the dip to be creamier. Now taste the hummus. Does it need more lemon juice or salt? If so, add it and taste again.
- 3. Use the spatula to scoop the dip into the serving bowl or container. Top with the mint, if you like. Serve right away, or cover and refrigerate up to 5 days.

OR ELSE

No food processor? No problem! Cook the beans until they're very soft, then mash them with a potato masher or fork, add the rest of the ingredients, and mash again.

WHAT'S DIFFERENT?



















We found 7 changes in the picture on the right.

















How many can you find? Answers on page 45

ALL ABOUT AVOCA

We love buttery, green avocados. We love them in sandwiches and quesadillas, and on our burgers, nachos, toast, and tacos. We love them sliced, diced, mashed, and even mixed up into smoothies. We love them so much we even eat them completely plain—although they're better with a squeeze of lemon or lime and a sprinkle of salt. Do you like avocados too? What's your favorite way to eat them? If you don't have a favorite yet, try one of ours.

5 WAYS TO EAT AN AVOCADO

- 1. Season a pitted avocado half with salt and lemon juice and eat it out of the peel with a spoon.
- 2. Fill a pitted avocado half with tuna or egg salad.
- 3. Mash avocado with a squeeze of lime juice and scoop it up with whole-grain tortilla chips or crackers.
- 4. Add cubed avocado to your salad or smoothie.
- 5. Snack on cucumber slices topped with avocado chunks and a sprinkle of salt.



We think of it as a vegetable and use it in savory dishes, but an avocado is technically a fruit. To be even more precise, it's a single-seeded berry! Maybe that's why so many people in different Asian and South American countries add it to ice cream and milkshakes.

The avocado is also called an alligator pear because of its pear-like shape and thick, lizardy skin.

In Mexico, avocado leaves, called hojas de aguacate, are dried and used as a seasoning. They taste a little bit like licorice.

TRY THIS NOW

How do you know when an avocado is ripe? When you gently press the stem end, an avocado should feel just a little soft—not too hard (which means it's unripe) and not too soft (which means it's overripe). If your avocados are hard when you get them home from the store, don't refrigerate them; put them in a brown paper bag to ripen. This traps ethylene, the gas the avocados produce, and helps them ripen faster. To really speed things along, put an unpeeled banana in the bag with them! The banana makes extra ethylene. Once the avocados are ripe, store them in the fridge.





KITCHEN SCIENCE Why do avocados turn brown?

BY VAYU MAINI REKDAL

Have you ever cut an avocado in half and left it for a while? The avocado changes color from vivid green to dull brown, making it look unappealing. But if you add acid in the form of lemon juice or vinegar, it helps stop the browning process.

How?

Like all plants, avocados are full of cells and molecules. When you cut the avocado in half, you break some of the cells, allowing molecules to leave the cells, including small chemical factories known as enzymes. These are proteins that specialize in transforming one molecule into another. When the enzymes are exposed to the air outside the cell, they react with oxygen and change the color of some of the avocado molecules, making them brown. Vinegar or lemon juice slows down this process by preventing the enzymes from reacting with oxygen; the enzymes simply do not work very well in acidic environments. Plus, it adds a tangy flavor that goes well with the avocado!

BY THE NUMBERS

- In 2018, nearly **16 billion pounds** of avocados were produced around the world.
- The Guinness World Record for heaviest avocado belongs to a 2018 specimen grown by the Pokini family of Kahului, Hawaii, which weighed a whopping 5.6 pounds.
- An avocado tree produces an average of 150 avocados each year.



BEFORE YOU START

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ALL ABOUT AVOCADOS

Avocado Ranch Pressing

We adapted this zippy recipe from the cookbook Best Dressed by Dawn Yanagihara and Adam Ried (Chronicle Books, 2016). It's great on a green salad, but we like it even better on a lettuce-free one made from just tomatoes and cucumbers! Or serve it as a dip, if you prefer.

ADULT: YES HANDS-ON TIME: 15 MINUTES TOTAL TIME: 15 MINUTES MAKES: ABOUT 3/3 CUP

KITCHEN GEAR

Cutting board Sharp knife (adult needed) Measuring cups Measuring spoons Small bowl Fork

INGREDIENTS

- ¹/₂ ripe avocado, peeled and pitted (see page 5)
- ¹/₄ cup buttermilk (or 3 tablespoons plain yogurt plus 1 tablespoon water)
- 1 tablespoon fresh lemon juice or vinegar (any kind)
- 1 tablespoon vegetable or olive oil
- garlic clove, peeled and finely chopped (or ¹/₄ teaspoon garlic powder)
- ¹/₄ teaspoon salt

Pinch black pepper

INSTRUCTIONS

- 1. Put the avocado in the bowl and mash it with the fork until almost smooth, with only a few tiny lumps.
- 2. Add the remaining ingredients and mix until well combined. Taste the dressing on a piece of lettuce or a cucumber slice. Does it need more salt or lemon? Add it, then taste again.
- 3. Use right away, or cover with plastic wrap pressed to the surface and refrigerate up to 3 days.

OR ELSE

Put all the ingredients in a blender and blend until smooth.



the dressing before seasoning it.

Nikki and Lilly taste

ALL ABOUT AVOCADOS

GUACAMOLE

We call this a lab instead of a recipe because you're going to be experimenting! What are the flavors you like best in your guacamole? Add them! If you're not sure, put a spoonful of the guacamole on a plate, then add just a pinch of your chosen spice or ingredient. If you like it, consider seasoning the whole batch that way. Serve the guacamole with whole-grain chips or vegetables for dipping—or use it to top nachos, tacos, burritos, or quesadillas.

ADULT: YES HANDS-ON TIME: 15 MINUTES TOTAL TIME: 15 MINUTES MAKES: 4 SERVINGS

KITCHEN GEAR

Cutting board Sharp knife (adult needed) Small bowl Fork

INGREDIENTS

- 1 perfectly ripe avocado, peeled, pitted, and cut into large chunks (see page 5)
- 1 tablespoon fresh lime juice
- ¹⁄₄ teaspoon salt

INSTRUCTIONS

- 1. Put the avocado in the bowl and mash it with the fork until it has the texture you like best.
- 2. Add the lime juice, salt, and any additional ingredients you like (see next page) and mash again. Taste the guacamole. Does it need a bit more seasoning or a squeeze more lime juice? Add it and then taste again. Serve right away.



GET CREATIVE

Add some or all of the following to your guacamole:

- Finely chopped garlic (or garlic powder)
- \cdot Chopped red onion

- Diced tomato
- Chopped jalapeño
- Slivered scallions
- · Chopped cilantro leaves
- · Chili powder

- · Cayenne pepper
- Ground cumin
- · Hot sauce
- Salsa
- · Plain yogurt

GATHER all your kitchen gear and ingredients and put them on the counter.

- SCRUB all the fruits and vegetables and lay them out on a clean dish towel to dry.
- PREPARE your ingredients, which means you may have to do something before you get started with the instructions.



BEFORE YOU START

- WASH your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

Lilly scoops up some creamy avocado.

or

SAFETY TIP Get an adult's permission and help with all sharp

ALL ABOUT AVOCADOS

Avocado and Black Bean Salad

We love this tangy, colorful salad as a side dish for burgers or tacos—but if you scoop it up with chips and call it salsa, that's fine too! Kids Advisory board member Abigail added mango to hers for "flavor and brightness." What would you add?

ADULT: YES | HANDS-ON TIME: 30 MINUTES | TOTAL TIME: 1 HOUR 30 MINUTES | MAKES: 4 SERVINGS

KITCHEN GEAR

Cutting board Sharp knife (adult needed) Can opener Measuring cups Measuring spoons Colander or strainer Medium-size bowl Large spoon

INGREDIENTS

- 1 (15-ounce) can black beans, drained and rinsed
- 1 tablespoon olive or vegetable oil

Juice of 1 lime

- 1 garlic clove, peeled and minced (or ¼ teaspoon garlic powder)
- ¹⁄₄ teaspoon salt
- 1/2 red onion or 3 scallions, chopped (if you like)
- ¹⁄₄ cup chopped fresh cilantro or basil leaves (if you like)
- 1 large ripe tomato, cored and chopped
- 2 ripe avocados, peeled, pitted and diced (see page 5)

INSTRUCTIONS

- 1. Put the beans, oil, lime juice, garlic, and salt in the bowl and mix well.
- 2. Add the onion and herbs (if using) and the tomato and mix again. Cover and refrigerate at least 1 hour and up to overnight.
- 3. Add the avocados just before serving.

GET CREATIVE

Add one or all of the following:

- 1/2 cup fresh, frozen (thawed), or canned corn kernels
- 6 radishes, trimmed and sliced
- 1 bell pepper (any color), seeded and diced
- 2 celery stalks, sliced
 - 1 ripe mango, peeled, pitted, and diced



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SAFETYTIP Get an adult's permission and help with all sharp knives,

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40
QUENCH

classic Limeade

Here's a bright, refreshing drink for springtime! There is a lot of lime flavor in the peel, which is why you mash the lime slices, peel and all, in this recipe. BY ADAM RIED

ADULT: YES HANDS-ON TIME: 15 MINUTES TOTAL TIME: 15 MINUTES MAKES: 6 SERVINGS



KITCHEN GEAR Cutting board

Sharp knife (adult needed)

Measuring cups Measuring spoons Medium bowl Wooden spoon Strainer Pitcher Six glasses

INGREDIENTS

- 1 lime, scrubbed, plus additional slices or wedges for garnish (if you like)
- ¹/₄ cup honey
- Pinch salt
- 6 cups cold water
- Ice cubes

INSTRUCTIONS

- 1. Cut the lime in half from end to end (lengthwise). Put each half on the cutting board with the cut sides down, then cut each half into thin slices.
- 2. Put the lime slices, honey, and salt in the bowl and use the wooden spoon to mash them really hard until the limes give up their juice and it mixes with the honey, about 2 minutes.
- 3. Put the strainer over the pitcher, pour in the lime mixture, and use the wooden spoon to mash it and release as much liquid as possible. Throw away the used-up lime slices.
- 4. Add the cold water to the pitcher and stir to blend. Fill the glasses with ice and pour in the limeade. Garnish with lime slices or wedges (if you like).

appliances (blender and food processor), the stove or oven, and hot ingredients.



WASH your hands with soap and water and dry them. CLEAN the

BEFORE

- countertop.
- kitchen gear and ingredients and put them on the counter.
- SCRUB all the fruits and vegetables and lay them out on a clean dish towel to dry.
- PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN CASSING

A financial squeeze

3.

How much does it cost to make the limeade on page 35?

The water and ice are free, and the salt costs almost nothing. These are the rest of the ingredients:

- 1 lime costs \$1.00.
- ¹/₄ cup honey: 1 (12-ounce) bottle of honey costs \$3.00; ¹/₄ cup = 2 ounces.
- 1. How much does the honey cost?
- 2. How much does it cost to make the whole pitcher of limeade?
- The pitcher makes **6 glasses** of limeade.
- 3. How much does each glass cost?

Answers on page 45



CARTOON CORNER BY MAXWELL SURPRENANT



SWEET TREAT

"Fried" Bananas

These golden-sweet slices smell fantastic when they're cooking—and they taste even better! Eat them plain, or use them as a cinnamon-y pancake or French-toast topper.

ADULT: YES HANDS-ON TIME: 15 MINUTES TOTAL TIME: 15 MINUTES MAKES: 4 SERVINGS

KITCHEN GEAR

Cutting board Dinner knife Measuring spoons Large skillet Spatula Plate

INGREDIENTS

- 1 tablespoon butter or vegetable oil
- 1 tablespoon honey or maple syrup
- ¹/₂ teaspoon ground cinnamon
- 2 just-ripe bananas, peeled and sliced

INSTRUCTIONS

- 1. Put the butter, honey, and cinnamon in the skillet and turn the heat to medium. When the butter has melted, mix well.
- 2. Carefully add the banana slices and cook until they are golden, about 3 minutes. Carefully turn the slices over and cook until the other side is golden brown, about 2 minutes.
- 3. Transfer the bananas to the plate and serve right away.











BEFORE YOU START

WASH your hands with soap and water and dry them.

CLEAN the countertop.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a clean dish towel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

appliances (blender and food processor), the stove or oven, and hot ingredients.

PIP YOU KNOW?

In 2018, researchers in Japan developed a banana with an edible peel! That's, um, yeah, bananas.

ê. 1



A visit to your local library can give you lots to read and lots to think about. Here's a trio of books we think you'll love.

BY REBECCA ROBINSON

Rebecca Robinson is a librarian at the Troy Public Library in New York.



Avocado Asks

By Momoko Abe

Avocado isn't sure where to fit in! "Am I a fruit? A vegetable?" Avocado never thought about this question before, but now can't stop wondering! Take a silly adventure through the market as Avocado tries to find the answer, with the help of a new friend, Tomato! Recommended for ages 3–7.



Flashlight By Lizi Boyd

There are no words here, but there is definitely a story! This uniquely illustrated picture book captures the magic of exploring the great outdoors after dark. There is so much to see in the beam of one little flashlight. What will it shine on next? And who will shine it? Explore this book together and make up your own story as you go! Recommended for ages 2–6.



Séance Tea Party By Reimena Yee

In this beautifully illustrated graphic novel, Lora is struggling with her friendships as her friends' interests begin to mature. Lora isn't ready to grow up and fears being left behind. Luckily, just when she needs her most, Lora's not-so-imaginary friend Alexa returns to her life. Alexa helps Lora conquer her fears and find a way to grow up without losing herself along the way. Recommended for ages 8–12.

SCRUMPTIOUS WORD SEARCH

L	Т	E	Т	R	L	т	N	L	J	Μ	D	V	E	W
Ι	Ο	0	Q	L	U	В	Μ	A	A	С	S	Y	F	F
М	Т	V	X	K	F	V	Μ	B	L	G	W	N	Т	Т
E	G	A	0	R	G	U	A	C	A	M	0	L	E	E
Ρ	Ι	N	A	C	В	S	X	C	Ρ	В	E	Α	Ν	S
S	Ν	Ι	K	F	K	C	Q	A	E	C	Z	R	J	0
Χ	G	L	E	F	A	A	B	R	N	I	L	0	U	С
C	Ε	L	Т	Ι	J	L	V	R	0	L	I	A	G	Η
U	R	A	0	A	K	L	B	0	S	A	J	Т	В	E
М	В	A	Μ	W	V	Ι	F	Т	Ε	N	Q	Μ	U	Ε
I	Ν	R	A	Ν	E	0	I	L	Η	Т	R	E	Y	S
Ν	0	Ρ	Т	C	K	N	C	Η	G	R	W	A	Η	E
Р	С	R	0	U	Y	S	Μ	A	R	Ο	Η	L	Q	Η
U	E	Ν	E	W	V	Ι	A	J	D	D	Ν	G	S	D
L	Z	Ρ	S	G	V	L	S	Ι	Т	0	U	S	J	E
J	Q	Q	Ρ	G	A	R	L	Ι	С	N	Т	E	W	G
Y	Ι	K	G	E	0	N	Ι	0	N	F	Μ	С	U	Ι
C	Ι	В	V	F	R	Z	0	G	Q	Μ	Ε	R	Y	G
J	W	Y	Μ	Ν	С	Η	Ι	L	Ι	Y	G	0	Μ	K

WORDS HIDDEN ABOVE AVOCADO BEANS CARROT CHEESE CHILI CILANTRO CUMIN GARLIC GINGER GUACAMOLE JALAPENOS LIME NUTMEG OATMEAL ONION OREGANO PEPPER SCALLIONS TOMATOES VANILLA

Answers on page 45

LOOK AGAIN



Can you guess what this is? Answer on page 45

DELICIOUS DINNERTIME DISCUSSIONS

What's the best thing that's happened this week?

What's the nicest thing about this month?

What's been the high point of this day?



What's your favorite thing about this season?

SCRAMBLED WORDS

Unscramble the words to find some of the ingredients you need to make one of our delicious recipes.



Answers on page 45





Stock Your Kitchen

Keep these essential ingredients on hand so you're always ready to cook.

PANTRY

- Canned beans (black, white, kidney, and chickpeas)
- Canned tomatoes (diced and whole)
- Low-sodium chicken or vegetable broth
- Vinegar
- Vegetable oil
- Olive oil
- Mustard
- Kosher salt
- Black pepper
- Spices
- Flour
- Honey
- Maple syrup
- Whole-wheat pasta
- Rice
- Canned tuna

REFRIGERATOR

- Eggs
- Plain yogurt
- Cheese
- Milk

PRODUCE

- Lemons and limes
- Garlic
- Onions and scallions
- Carrots
- Celery



SHOPPING LIST FOR THIS ISSUE

- Avocados
- Bananas
- Bell pepper
- Chicken wings
- Cucumber
- Dried fruit
- Fresh herbs

- Frozen baby lima beans
- Frozen tortellini
- Nuts
- Oats

- Potatoes
- Tomatoes
- Whole-wheat bread

Solutions



WORD SEARCH

FROM PAGE 41



WHAT'S DIFFERENT

FROM PAGE 24

Numbers show changes in the picture. Changed items are listed below.

- 1. Fewer sprouts
- 2. Black pepper added
- 3. Toast cut in half
- 4. Bite missing
- 5. Peppers swapped
- 6. Cheese missing
- 7. Toast upside down

KITCHEN CASH

FROM PAGE 36

- 2 ounces/12 ounces = 1/6 of the bottle; 1/6 × \$3.00 = \$0.50
- 2. \$1.00 + \$0.50 = **\$1.50**
- 3. \$1.50 / 6 = **\$0.25**

SCRAMBLED WORDS

FROM PAGE 42





LOOK AGAIN

FROM PAGE 42



Answer: An avocado pit



CONTACT US

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47th printing, printed at LSC Communications, February 2022. Printed in the U.S.A.

OUR MISSION

ChopChop Family's vision is to enrich the lives of families by inspiring and teaching them to cook and eat real food together, while having fun and learning essential skills for a full life.

WHAT MATTERS TO US

We believe that cooking and eating together is fundamental to every family's health and happiness, and that if children learn healthy eating habits when they are young, they will maintain healthy lifestyles into their teenage and adult years. Cooking not only promotes better health, it builds relationships, saves money, and teaches math, science, and cultural and financial literacy, along with other critical life skills. We aim to counteract today's rampant "kitchen illiteracy" by empowering families and communities with our positive message and common-sense, innovative, and fun solution.

DONATE!

Donate at www.chopchopfamily.org/support-us to help with our mission to get *ChopChop* to organizations that serve those most at risk.

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- Learn to count
- Teach valuable life skills



Visit chopchopfamily.org/eatablealphabet to order yours!