



**BONUS
ACTIVITY
SECTION**

How to...

Make fresh summer recipes

Use the flavors of the season to whip up these light and delicious drinks, meals, and desserts!

MANGO ICY

Ingredients

- 2 cups frozen mango
- 4 teaspoons honey
- Juice of 2 limes
- Lime wedges, for garnish (optional)
- Chili lime seasoning, for garnish (optional)

Instructions

1. Combine mango, honey, and lime juice in a blender with $1\frac{1}{2}$ cups ice and $\frac{1}{2}$ cup water. Blend until smooth. If needed, add water 1 tablespoon at a time to get desired consistency.
2. Evenly divide between two glasses and garnish each with a lime wedge and a sprinkle of chili lime seasoning, if using. Drink immediately. Makes 2 servings.



COCONUT CORN CHOWDER

Ingredients

- 5 strips bacon, sliced
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon curry powder
- 3 cups frozen corn
- 6 cups chicken broth
- 1 (14-ounce) can coconut milk
- 12 ounces baby red potatoes, halved
- Juice of 1 lime
- $\frac{1}{2}$ cup chopped cilantro, plus more for serving

Instructions

1. In a large pot over medium heat, cook the bacon until crisp. Transfer to a plate lined with a paper towel.
2. Spoon away all but a tablespoon of oil in the pot. Add the onion, garlic, salt, pepper, curry powder, and corn. Cook until the corn is warmed through, about 4 minutes.
3. Add the broth and coconut milk and bring to a simmer.
4. Stir in the potatoes and cook until tender, about 12 minutes.
5. Remove the soup from the heat. Place half in a blender and puree until smooth. Return it to the pot along with bacon, lime juice, and cilantro. Serve the soup hot with more cilantro. Makes 6 servings.

WARNING!

Ask an adult's permission before using a knife, stove, oven, or blender for any recipes on these pages.



CAPRESE PASTA SALAD

Ingredients

- ½ cup plus 1 tablespoon olive oil
- 1 clove garlic, sliced, plus 1 clove grated
- ½ cup panko bread crumbs
- 12 ounces radiatori or fusilli pasta
- 8 ounces mini mozzarella balls, halved
- 10 basil leaves, roughly chopped
- 3 cups baby spinach
- ½ small red onion, sliced
- 1 cup cherry tomatoes, halved
- 1 tablespoon honey
- 2 tablespoons balsamic vinegar
- Kosher salt
- Black pepper

Instructions

1. In a small skillet over medium heat, warm the tablespoon of oil. Add sliced garlic. Cook 1 minute.
2. Add the bread crumbs and continue to cook, stirring frequently, until golden brown, about 5 minutes. Transfer immediately to a small bowl, stir in a pinch of salt, and let cool.
3. Cook pasta according to package directions. Rinse with cool water and transfer to a large bowl.
4. Add the mozzarella, basil, spinach, red onion, and tomatoes to the pasta bowl.
5. In a small bowl, whisk together remaining ½ cup olive oil, grated garlic, honey, and vinegar. Season with salt and pepper. Add the dressing to the pasta bowl and stir. Serve the salad with the bread crumbs on the side for topping. Serves 6–8.

BASIL BLISS

“Caprese” is an Italian word that refers to a salad consisting of mozzarella, tomatoes, basil, and olive oil.



FROZEN BANANA BITES

Ingredients

- 2 large, slightly firm bananas
- 12 ounces semi-sweet chocolate chips
- 1 tablespoon coconut oil
- ¼ cup rainbow sprinkles

Instructions

1. Line a baking sheet with parchment paper. Slice each banana into ½-inch-thick rounds and arrange on sheet. Freeze solid, about 2 hours.
2. Combine the chocolate chips and coconut oil in a microwave-safe bowl. Microwave on high for 30 seconds, stir, then continue to heat in 10-second bursts, stirring vigorously after each, until fully melted.
3. Dip a banana slice in the chocolate. Use the tines of a fork to lift the slice from the chocolate and gently tap to remove excess chocolate. Return it to the baking sheet and top immediately with sprinkles.
4. Repeat with remaining banana slices, chocolate, and sprinkles. Store in freezer until ready to eat. Makes about 2 dozen banana slices.

BUNCHES OF BANANAS

There are more than 1,000 types of bananas in the world, and they are grown in over 150 countries.





How to...

CUCUMBER LEMONADE

Ingredients

- 1 cup granulated sugar
- 3 Persian cucumbers
- 1 cup fresh lemon juice (from about 8 lemons)

Instructions

1. In a small saucepan over medium-low heat, combine the sugar with 1 cup cool water. Heat until the sugar is dissolved, then let cool completely.
2. Meanwhile, roughly chop 2 of the cucumbers. Place in a blender and puree until smooth. Strain through a fine mesh sieve into a small cup and discard the pulp.
3. To make the lemonade, stir together the lemon juice with $\frac{1}{4}$ cup cucumber juice and 1 cup sugar syrup. Chill in the refrigerator.
4. Just before serving, slice the remaining cucumber. Fill each glass with ice, add the lemonade, and garnish with a few cucumber slices. Makes about 8 cups.



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CRUNCHY SEAWEED SNACK MIX

Ingredients

- 3 cups square-shaped corn cereal
- $1\frac{1}{2}$ cups fish-shaped crackers
- 2 cups square pretzels
- 1 cup mini nacho cheese tortilla chips
- 1 cup roasted peanuts
- 6 tablespoons unsalted butter
- 1 tablespoon soy sauce
- $\frac{1}{3}$ cup Karo syrup
- 1 (1.5- to 2-ounce) jar of nori komi furikake

Instructions

1. Line a baking sheet with parchment paper and heat oven to 250° F.
2. Place the cereal, crackers, pretzels, tortilla chips, and peanuts together in a large bowl.
3. Combine the butter, soy sauce, and Karo syrup in a small saucepan. Warm over medium-low heat until butter is melted.
4. Pour the butter mixture over the cereal mixture and stir to coat. Add the furikake and stir once more to distribute evenly.
5. Spread the mix on the prepared sheet and bake for 1 hour, stirring halfway through.
6. Remove from oven (cereal may still be slightly soft but will crisp further as it cools). Let cool completely before eating. Store in an airtight container up to 1 week. Makes about 8 cups snack mix.

TASTY TOUCH

Nori komi furikake is a Japanese seasoning made of roasted seaweed, sesame seeds, salt, and other savory ingredients.



VEGGIE FRIED RICE

Ingredients

- 2 tablespoons vegetable oil
- 1 tablespoon butter
- 4 scallions, whites minced, green parts sliced
- 2 garlic cloves, minced
- 1 tablespoon grated ginger
- 1½ cups frozen vegetable blend
- 1 cup chopped fresh broccoli
- 3 cups of cold cooked leftover rice
- 1 tablespoon soy sauce
- 2 eggs, whisked
- ½ teaspoon sesame oil

Instructions

1. In a large nonstick skillet over medium-high heat, warm 1 tablespoon oil with the butter until melted.
2. Add the scallion whites, garlic, and ginger and cook until fragrant, about 1 minute.
3. Add the frozen vegetables and broccoli and cook, stirring occasionally, until the broccoli is bright green, about 3 minutes.
4. Stir in the rice and soy sauce and continue to cook undisturbed, until the vegetables are tender, about 2 minutes more.
5. Push the rice mixture to the side of the pan, and add the remaining vegetable oil to the empty space. Add the eggs. When they start to set, scrape them from the pan to scramble lightly. When the eggs are almost cooked through, fold them into the rice mixture. Continue to cook until no longer runny, about 1 minute more. Stir in sesame oil.
6. Serve rice immediately with the scallion greens sprinkled on top. Makes 4 to 5 generous servings.

DID YOU KNOW?

The world's top producer of rice is China, followed by India.

STRAWBERRY ETON MESS

Ingredients

- 1 pound fresh strawberries
- 2 tablespoons granulated sugar
- 1¾ cups heavy cream
- ¼ teaspoon vanilla extract
- 2 tablespoons powdered sugar
- 3 cups meringue cookies, broken into pieces

Instructions

1. In a medium bowl, stir together the strawberries and sugar. Let sit 10 minutes, then use a fork or masher to crush half the berries and stir once more. Set aside.
2. In another bowl, combine the heavy cream, vanilla, and powdered sugar. Use a hand mixer to whip until stiff peaks form. Gently fold in the meringue cookies.
3. Spoon a heaping tablespoon of the berry mixture into 4 parfait glasses.
4. Top each with ½ of the meringue mixture, followed by ½ of the remaining berries. Repeat the layers. Serve immediately. Makes 4 servings.

FUN FACT

Eton mess is a British dessert that is believed to have originated in the 1890s at Eton College in the UK.

