

KIDS COOKING LOCAL AT HOME: WEEK OF APRIL 19-23, 2021



ITEMS IN THE KCL BAG

Provided by C&S Wholesale Grocers

- 1 bag/pack of walnuts
- 1 container of honey

Produce and other

- 1 red apple
- 1 Lemon
- 1 cup of red grapes
- 1 stalk of celery
- 1 small head of lettuce
- 1 small container of white yogurt
- 1 package of quinoa

Needed from home:

- 16 oz clear container (such as Mason jar, cleaned out spaghetti sauce jar, clear plastic cup, etc.). This will be needed to “layer” the salad.

Rainbow Waldorf Salad “To Go”

Recipe from *Keiki in the Kitchen with Mika the Sous Chef* cookbook
Created and demonstrated by Chef Ronnie Nasuti of Tiki’s Grill and Bar

Find the link to the video on this page: <https://www.hawaiiagfoundation.org/kids-cooking-local-hawaii/>

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Please fill out the post-cooking survey once you are done: <https://forms.gle/t6k2PdwyiU3hcdew6>

Ingredients:

1 red apple
1 lemon
1 cup of red grapes
1 stalk of celery

1 small head of lettuce
1 cup plain white yogurt
Honey – 1 tsp
1 cup cooked quinoa
¼ cup toasted walnuts

Directions:

- Cook the quinoa ahead of time
- Cut the apples into small piece, then toss the apples in lemon juice to acidulate them and stop oxidation.
- Cut celery into small pieces
- Slice up lettuce
- Layer the ingredients into 16 oz containers as follows dividing the ingredients evenly into each jar:
 1. yogurt
 2. grapes
 3. lettuce
 4. quinoa
 5. celery
 6. apples
 7. walnuts

Seal & refrigerate until ready to eat! Shake jar before eating to mix ingredients.