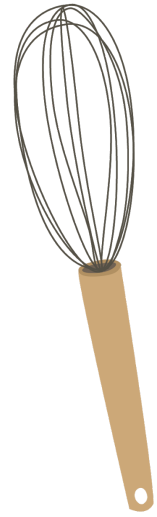


Noodle Passport



Name:





Noodles Noodles Noodles!!

- Week 1: Introduction: The Anatomy of a Noodle
- Week 2: Noodles from Italy
- Week 3: Noodles from Japan
- Week 4: Noodles from Peru
- Week 5: Noodles from Morocco
- Week 6: Noodles from Russia
- Week 7: Noodles from Thailand
- Week 8: Bonus: Veggie Macaroni and Cheese



Pasta Salad

Servings 6 to 8 (per noodle recipe)

Cooking Equipment Needed:

2 pots
Spiralizer or peeler
Measuring cups
Knives
Whisk

Ice (to cool noodles)
Large bowl

Ingredients:

For the pasta:

16 oz regular pasta noodles
16 oz gluten-free pasta noodles
5 medium zucchini, spiralized

For the salad (per noodle recipe):

Red onion, ½ diced
Cherry tomatoes, 16oz, diced
Cucumber, 1 diced
½ cup pitted olives, halved
¼ cup fresh dill, chopped

For the dressing (per noodle recipe):

Olive oil, ½ cup
Red wine vinegar, ⅓ cup
Lemon juice, ¼ cup
Dried or fresh oregano, 2 tsp
Garlic, 1 glove, minced
Salt and pepper

Optional: fresh mozzarella balls or feta

Preparation:

1. Cook the pasta according to instructions on package: bring salted water to a boil in a large pot over medium-high heat. Add noodles and cook until al dente (according to the instructions on the box)
2. While the noodles are cooking, prepare an ice bath in a large bowl
3. Once the noodles are cooked, drain and rinse under cold water. Soak colander in an ice bath and set aside for 5 minutes to cool.
4. Prepare the dressing: in a small bowl, whisk together olive oil, red wine vinegar, lemon juice, Italian seasonings, garlic, salt, and pepper
5. Chop red onion, tomatoes, cucumber, olives, and dill
6. In a large bowl, combine noodles and dressing. Add tomatoes, cucumber, olives, and dill. Toss to combine all ingredients.



Growing Communities of Healthy Eaters

Welcome to **America!**

- **Population:** 327.2 Million
- **Capital:** Washington, D.C.
- **Official Language:** English
- **National Pastime:** Baseball
- **National Dish:** Hamburgers, Brownies, and Apple Pie

Thanks for Visiting!





Homemade Pasta and Gnocchi with Rustic Ratatouille

Servings 4-6 (per noodle recipe)

Cooking Equipment Needed:

Colander
Bowls
Large saucepan
Measuring cups
Measuring spoons
Plastic wrap
Pasta machine or rolling pin

Ingredients:

For the Ratatouille:

1 onion, diced
2 garlic cloves, minced
3 tablespoons olive oil
1 medium eggplant, cut into 1/2-inch cubes
(about 3 cups)
1 zucchini, cut into 1/2-inch cubes
1 red bell pepper, diced
Tomatoes, canned, 28oz
2 teaspoon fresh thyme leaves
2 teaspoon fresh oregano, minced
3/4 teaspoon salt
1/2 cup shredded fresh basil leaves

For the fresh pasta:

2 cups flour
3 eggs
Olive oil, 1/2 tsp
Salt, 1/4 tsp
Water, 1 tbsp

For the gnocchi:

1 pound Russet potatoes
1 cup flour
1 egg (optional)
Salt

Preparation:

For the Ratatouille:

1. In a colander, salt the eggplant and place over a bowl or in the sink. This will help the eggplant release some water. Let sit for about 10 minutes.
2. Heat a large saucepan over medium heat. Once the pan is hot, add olive oil. When it shimmers, add the onion and saute until translucent, about 2 minutes. Add garlic and continue to saute until fragrant, another 2 minutes.
3. Add eggplant and saute until the eggplant begins to soften, about 8 minutes. Add peppers and zucchini and continue cooking until the vegetables are bright and soft, about 10 minutes. Add tomatoes, thyme, oregano and salt and let the vegetable mixture simmer until sauce thickens, about 8 minutes.
4. Serve over pasta



For Fresh Pasta:

1. Make a mound with the flour on a clean work surface or in a bowl. Create a well in the middle of the mound and crack the egg into it. Slowly begin to incorporate the flour, gently working around the edges of the well with a fork. Once the dough resembles coarse sand, turn it out onto a clean work surface and knead the dough until it becomes soft and elastic. May need to add a little water to prevent the dough from becoming too dry. Cover with plastic wrap and allow dough to rest in the refrigerator for at least 1 hour.
2. Working with $\frac{1}{2}$ of the dough at a time, roll the dough out using a pasta machine. Working from the widest setting to the smallest until you get your desired thickness. Cut pasta into desired shape.
3. Cook in salted boiling water for 2-3 minutes and serve immediately.

For the Gnocchi:

1. Boil the potatoes until tender. Drain and let cool. Peel the potatoes.
2. Mash potatoes until pureed
3. Mix potato mixture with salt, egg, and enough flour to make a smooth, soft, and slightly sticky dough. Knead the dough and form it into a ball and place on a floured surface.
4. Break off a small handful of the dough and roll into a "rope" shape about $\frac{1}{2}$ inch thick
5. Cut the rope of dough into 1 inch pieces
6. *Optional: gently roll each piece of dough on a fork to make ridges in the gnocchi.*
7. Cook gnocchi in gently boiling, salted water. Once they are done they will rise to the surface of the water. Transfer to a bowl immediately and top with sauce.



Growing Communities of Healthy Eaters

Welcome to **Italy!**

- **Population:** 60.59 Million
- **Capital:** Rome
- **Official Language:** Italian
- **National Pastime:** Soccer
- **National Dish:** Ragu alla Bolognese sauce with Tagliatelle Pasta

Thanks for Visiting!





Soba Noodle Salad

Makes 8 Servings

Cooking Equipment Needed:

1 Large pot
1 small pot
1 Strainer

1 Cutting board
1 knife
1 large bowl

Ingredients:

8oz. Soba noodles
1 medium carrot
2 celery stalks
2 bell peppers
6 scallions (thinly sliced)
2 cups frozen shelled edamame
4 cups bok choy
A handful of Cilantro, chopped

For the dressing
½ cup rice vinegar
2 tbsp soy sauce
1 tsp salt
1 tsp honey
2 tbsp canola oil (or vegetable oil)
2 tsp sesame oil
1-2 tbsp toasted sesame seeds

Preparation:

1. Boil plenty of water and cook soba noodles according to the instructions in the package. Drain and immediately cool under running water. Drain well.
2. Cut carrot, celery, and red bell pepper 3 inch long and cut lengthwise into thin sticks and chop bok choy into 1 ½ inch strips. Boil frozen shelled edamame until soft and cool under running water.
3. In a large bowl, mix all the ingredients of dressing well. Toss the vegetables, sesame seeds, and noodles with the dressing.



Growing Communities of Healthy Eaters

Welcome to **Japan!**

- **Population:** 126 million
- **Capital:** Tokyo
- **Official Language:** Japanese
- **National Pastime:** Sumo Wrestling
- **National Dish:** Curry Rice

Thanks for Visiting!





Peruvian Tallarines Verdes

Makes 8 servings

Cooking Equipment Needed:

2 large pots

1 strainer

1 bowl

1 mixing spoon

1 saucepan

Blender

Ingredients:

1 pound of whole wheat spaghetti

1 tablespoon of olive oil

4 cups of spinach leaves

1 cup of basil leaves

Ice (to cool spinach)

Add peas or broccoli

2 garlic cloves

1/2 cup of whole milk

1 cup "queso fresco" in cubes

2 tablespoons of parmesan cheese

Salt and pepper to taste

Preparation:

1. Bring a large pot of salted water to boil. Then add the spinach leaves and allow them to boil for 30 seconds. Using a strainer, remove them from the water and transfer immediately to an ice water bowl for a few seconds to preserve their green color.
2. Add pasta to the boiling water and cook according to instructions or until al dente.
3. Drain the excess water from the spinach and using a spoon or strainer place them directly into the blender with the cheese (both), oil, basil, garlic, milk and mix until you get a smooth sauce.
4. Pour the sauce into a big saucepan at a very low temperature and add salt and pepper to taste. Drain the pasta and then mix it well with the sauce until all the pasta turns green.
5. Garnish with basil and more "queso fresco" and serve.



Growing Communities of Healthy Eaters

Welcome to Peru!

- **Population:** 32 million
- **Capital:** Lima
- **Official Language:** Spanish
- **National Pastime:** Soccer
- **National Dish:** Ceviche

Thanks for Visiting!





Moroccan Chickpea and Vegetable Stew with Couscous

8 Servings

Cooking Equipment Needed:

Large pot
Medium pot
Knife
Cutting board

Measuring cups
Measuring Spoons
Peeler
Strainer

Ingredients:

For the stew:

2 tablespoons olive oil
4 garlic cloves, finely minced
1 large onion, finely minced
2 teaspoons salt
1/2 teaspoon pepper
1 Tbsp ground cumin
1 teaspoon ground turmeric
2 teaspoon ginger powder
15 oz can chickpeas, rinsed and drained
28 oz can plum tomatoes, finely chopped,
liquid reserved

2-3 tablespoons parsley, finely chopped
2-3 tablespoons cilantro, finely chopped
1 medium sweet potato, peeled, cut into 1"
pieces
3 small carrots, cut into 1" pieces
1 head cauliflower, cut into pieces
1 large zucchini, cut into 1" inch pieces
1/4c golden raisins

For the couscous:

2c whole wheat couscous (dried)
1 teaspoon salt
2 1/2 cups water

Preparation:

To make the stew:

1. In a large pot, heat olive oil over medium heat and add onions until clear
2. add garlic and spices and quickly stir until fragrant.
3. Add chickpeas, tomatoes, 1 1/2 cups water, sweet potato, carrots, parsley, and cilantro - adding reserved tomato liquid to make approximately 2.5 cups liquid - and cook for 10 minutes
4. Add zucchini, cauliflower, and raisins and cook for another 10 minutes or until vegetables are tender.

To make the couscous:

1. In a medium size pot, add dried couscous to salted, boiling water, cover, and remove from heat.
2. Let couscous stand for 10-12 minutes or until water is absorbed and fluff with fork.



Growing Communities of Healthy Eaters

Welcome to **Morocco!**

- **Population:** 36 million
- **Capital:** Rabat
- **Official Language:** Arabic
- **National Pastime:** Soccer
- **National Dish:** Tagine

Thanks for Visiting!





Mushroom Stroganoff

Serves 4-6

Ingredients:

8 ounces medium pasta shells
1 ½ tablespoons olive oil
1 ½ pounds cremini mushrooms, thinly sliced
2 large shallots, diced
Salt and pepper to taste
3 cloves garlic, minced
3 Tbsp chopped fresh thyme
2 ½ tablespoons all-purpose flour
2 cups vegetable stock / broth
1 ½ tsp Dijon mustard
¾ cup greek yogurt
⅔ cup freshly grated Parmesan
2 Tbsp chopped fresh parsley leaves

Preparation:

1. In a large pot of boiling salted water, cook pasta according to package instructions.
2. Add oil to a large skillet over medium high heat. Add mushrooms and shallots, and cook, stirring occasionally, until mushrooms are tender and browned, about 5-7 minutes; season with salt and pepper, to taste.
3. Stir in garlic and thyme until fragrant, about 1 minute.
4. Whisk in flour until lightly browned, about 1 minute
5. Gradually whisk in vegetable stock and Dijon. Bring to a boil; reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 4-5 minutes.
6. Stir in pasta and greek yogurt until heated through, about 1-2 minutes. Stir in Parmesan until melted, about 1 minute. Stir in parsley; season with salt and pepper, to taste. Serve immediately.



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Welcome to **Russia!**

- **Population:** 144 million
- **Capital:** Moscow
- **Official Language:** Russian
- **National Pastime:** Russian Hockey
- **National Dish:** Pelmeni– (pastry dumplings typically filled with minced meat and wrapped in a thin, pasta-like dough.)

Thanks for Visiting!





Pad Thai

Serves 8

Ingredients:

1 pound rice noodles
1 block firm tofu, cut into cubes
2 Tablespoons tamarind paste
3 Tablespoons soy sauce
3 Tablespoons brown sugar
1 lime, juiced
4 cups broccoli florets
2 carrots, julienned
4 scallions, thinly sliced
1 Tablespoon minced garlic
1 Tablespoon minced ginger
¼ cup canola oil
4 eggs, lightly beaten
2 cups bean sprouts
½ cup cilantro
lime wedges, for serving

Preparation:

1. Prepare the noodles according to package directions, making sure not to overcook them. Lightly steam the broccoli and carrot; set aside.
2. Meanwhile, in a small bowl, whisk together the tamarind paste, soy sauce, brown sugar, lime juice and 1/4 cup water; set aside.
3. Drain the noodles. Set a wok or large sauté pan over medium high heat for 1 minute, then add the oil, garlic, and ginger, sauté for 30 seconds. Add the tofu and sauté 2 to 3 minutes. Transfer the tofu to a plate, leaving the oil in the pan.
4. Add the noodles and stir-fry for 1 minute. Pour in three-quarters of the tamarind sauce and toss to coat the noodles. Add more sauce if needed. Cook until the noodles are al dente, then push them to one side of the pan and cook the eggs in the remaining space.
5. Add the tofu, broccoli, carrot, scallions, and bean sprouts. Toss to mix. Divide among 4 plates and garnish with the cilantro and lime wedges.



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Welcome to Thailand!

- **Population:** 66 million
- **Capital:** Bangkok
- **Official Language:** Thai
- **National Pastime:** Muay Thai (a form of martial arts and Thai boxing)
- **National Dish:** Pad Thai

Thanks for Visiting!





Veggie Mac 'n Cheese

8 Servings

Ingredients:

1 lb dried whole grain pasta: bowtie, elbows or other small pasta
1 tablespoon olive oil
1 large onion, diced
1 pound cauliflower and/or broccoli florets, finely diced
1 bunch kale, chopped
2 cloves garlic, minced
Red pepper flakes, to taste
3 tablespoons unsalted butter
3 Tablespoons all-purpose flour
1 ½ cups milk
3 tablespoon mixed herbs, finely chopped (optional)
¾ cup finely grated parmesan or aged pecorino romano cheese, divided
1 cup grated cheddar
Salt and pepper, to taste

For the Topping:


3 tablespoon olive oil, or melted butter
1 cup panko or other bread crumbs

Preparation:

1. Preheat oven to 350°F. Bring a large pot of water to a boil. Add pinch of salt then add pasta and cook until al dente, about 1 to 2 minutes before perfect doneness. Drain and set aside.
2. Heat a large skillet to med-high heat. Once hot, add olive oil. Add onion and cook until translucent, about 2 minutes. Then add garlic and the rest of the vegetables, season it with salt and pepper flakes and sauté until tender. Transfer to a bowl and set aside.
3. To make the cheese sauce, heat a medium-large pot over medium heat. Add butter. Once completely melted, add flour and whisk quickly until the mixture is shiny and resembles a loose paste. Add milk, a very small splash at a time, whisking constantly. Let mixture simmer for 2 minutes, stirring frequently. Add cheese in several additions, combining each additionally completely before adding the next. Remove pan from heat and stir all of mixed herbs. Adjust seasoning to taste.
4. Off the heat, add drained pasta and the vegetable mixture, stirring to combine. Pour into casserole dish. For topping, stir breadcrumbs into oil or melted butter. Sprinkle the mixture evenly over the top of the macaroni and cheese. Bake for 30 minutes, then allow to sit for 5 minutes before serving.



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