



## KIDS IN THE KITCHEN

# Session Four

## Pasghetti and Beatmall!

**Classes featured:** Pasghetti and Beatmall!, Kids in the Kitchen Wrap-up

Today your “little chef” will be making incredibly tasty, Italian-style meatballs. Then we’ll put it all together with your favorite sauce for a sure-to-please kids’ meal.

### **MENU:**

Spaghetti and meatballs

# Before you start: Session Four

## EQUIPMENT LIST

To help keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 1 medium mixing bowl
- Measuring cups and spoons
- Tasting spoons
- 1 sanitizer towel with sanitizer solution  
(1 Tbsp of bleach mixed with 4 cups of water)
- Dutch oven
- Soft spatula
- Sauté pan
- Parchment paper or pan spray
- Portion scoop (optional)

## ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.
- Premeasure all herbs and spices.

## SHOPPING LIST

Produce	Dry	Meat	Dairy
1 bunch green onion	1 tsp fennel seed, ground	1 lb ground beef	2 eggs
	Avocado oil	1 lb ground pork	2 oz Parmigiano-Reggiano
	Salt, kosher		
	1 tsp Italian seasoning		
	1 cup breadcrumbs		
	8 oz spaghetti		
	4 cups spaghetti sauce of your choice		

# Meatballs

**YIELD: 8 SERVINGS**

## RECIPE CUSTOMIZATION

To make it gluten-free, use gluten-free breadcrumbs

To make it dairy-free, replace Parmigiano-Reggiano with  $\frac{1}{4}$  cup nutritional yeast

To make it low-FODMAP, omit garlic

## INGREDIENTS

- 2 Tbsp avocado oil
- $\frac{1}{2}$  cup green onion, sliced
- 2 tsp salt, kosher
- $\frac{1}{2}$  tsp garlic powder
- 1 Tbsp Italian seasoning
- 1 tsp fennel seed, ground
- 1 lb beef, ground
- 1 lb pork, ground
- 2 eggs
- 1 cup Parmigiano-Reggiano, finely shredded
- $\frac{1}{4}$  cup parsley, chopped
- 1 cup breadcrumbs

## DIRECTIONS

1. Preheat oven to 400°F.
2. Heat avocado oil (2 Tbsp) in a medium sauté pan.
3. Add the onion ( $\frac{1}{2}$  cup). Cook for about five minutes or until the onions are soft and translucent.
4. Add the salt (2 tsp), garlic powder ( $\frac{1}{2}$  tsp), Italian seasoning (1 Tbsp), and fennel seed (1 tsp). Continue to sauté for another five minutes. Set aside to cool.
5. In a large mixing bowl, combine the onion mixture, meats, eggs, Parmigiano-Reggiano (1 cup), parsley ( $\frac{1}{4}$  cup), and breadcrumbs (1 cup), and work together with your hands to combine.
6. Make a small patty. Cook in a sauté pan. Adjust seasoning to taste.
7. Portion and shape meat mixture with lightly oiled hands. Place on a parchment-lined sheet tray.
8. Roast meatballs in oven for 10 minutes or until browned and cooked through.



# Program Completion

## CONGRATULATIONS ON COMPLETING THE KIDS IN THE KITCHEN PROGRAM!

From honing knife skills and mastering kitchen tools to preparing healthy recipe twists on classic kid favorites, you and your “little chef” should be well on your way to a lifetime of healthy eating and quality time together in the kitchen. Remember this is only the beginning of your journey! With your newfound knowledge, you have additional tools to keep working with your “little chef” to expand their culinary knowledge and strengthen healthy eating habits.

**Cheers to your health and wellbeing!**

## WANT TO CONTINUE LEARNING?

Check out one of our other programs: Putting Out the Flame, Restore Gut Health, Optimizing Brain Health, Optimizing Women’s Hormones, and Home Chef Pro.