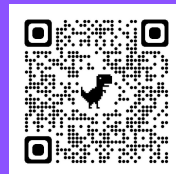


# MAY - MYSTERIES OF THE PEA POD

[Watch Willow's Spring Animation!](#)

## Nibble with Willow-For Parents



**Goal:** Explore peas and green beans in family meals

**RECIPE:** Snap Pea, Green Bean & Mint Salad

### Activities to Do With Your Child:

- Shop for green beans and peas together.
- Make the salad together.
- Watch the "Willow's Spring Adventure" Cartoon

### More Ways Children Can Help:

- Wash veggies
- Set the table
- Press minute buttons on the microwave to cook the snap peas.

### Nurture Your Child's Curiosity for Food:

- Can you count the peas in the pod?
- What color are the peas? Green
- What shape are the peas? Round
- Can you smell the mint? What does it smell like?

## TIPS FOR PARENTS

### INVITE YOUR CHILD TO THE KITCHEN

Watching you cook will expose your child to a world of aromas, sounds, and tastes, to increase enjoyment of healthy eating.

### Prepare for Family Cooking!

- Keep a chair or step stool for young helpers to reach the counter or the stove for a supervised stir.
- Don't stress about some initial mess; it is part of the process. With practice, cooking with your child becomes quicker, less messy and more fun.

### Teach your Child the Finger Play:

**Five Fat Peas, in a pea pod pressed,**  
(Children hold hand in a fist)

**One grew, two grew, and so did all the rest.**  
(Put fingers up one by one)

**They grew and grew and did not stop,**  
(Raise hand in the air very slowly)

**Until one day the pod went POP!**  
(Children clap hands together)

# SNAP PEA, GREENBEAN & MINTSALAD



## INGREDIENTS

1/2 pound	Snap Peas
1/3 pound	Green Beans
1/2 bunch	Mint
3 tablespoons	Olive Oil
1	Lemon
*	Salt to taste



**Prep Time:** 10 minutes  
**Cook Time:** 2-3 minutes  
Makes 4 servings

**Note:** Children should use plastic or table knife for all child steps that require cutting/chopping.

**1 ADULT & CHILD**

Help REMOVE the strip of membrane down the side of the snap peas.

**2 ADULT & CHILD**

Help SNAP the ends off the green beans.

**3 ADULT**

Place the snap peas and green beans on a dish and cover with paper towel in a microwave. COOK for 2–3 minutes, or until they are tender. COOL.

**4 CHILD**

Help CUT the beans and peas in half with a table knife.

**5 CHILD**

Help REMOVE the mint leaves from the stems. DISCARD the stems and CHOP the leaves roughly with a table knife.

**6 ADULT**

CUT the lemon in half, remove seeds.

**7 CHILD**

Help MEASURE the olive oil into a small bowl or cup. SQUEEZE the lemon into the olive oil. WHISK together until well-blended. ADD salt to taste, WHISKING to blend evenly.

**8 ADULT**

ADD the cut veggies and mint to a serving bowl.

**9 CHILD**

POUR the lemon juice mixture over the veggies and mint in the bowl. TOSS well, NIBBLE and ENJOY!