



recipes

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Super Grover 2.0's Silly Pickles

Save Snack Time with These Super Pickles 2.0!



Prep Time:
20 min



Cook Time:
2 min



Makes:
8 wontons

Ingredients:

- 2 1/2 cups mixed fresh vegetables (carrots, green peppers, string beans, etc.)
- 2 1/2 cups white vinegar
- 1 tbsp mixed, dried spices (dill seeds and peppercorns)
- 3/4 cup sugar
- 1 tsp salt
- 1 glass bowl or large, recycled jar
- 1 handful (or more) of mixed fresh herbs (basil, mint, cilantro, dill sprigs, garlic cloves)

Investigate how you can change the taste of your favorite veggies, and make them last longer!

Directions:

Step 1: Things You'll Need

Gather these ingredients to make Super Grover 2.0's Super Secret Silly Pickles 2.0.

Step 2: Veggie Rainbow

Pick out a variety of fresh veggies with your child. It's fun to pick all different colors of the rainbow! Carefully cut them into finger-length or bite-size pieces.

Little Hands Tip: Name all the colors you can find in your vegetables.

Step 3: Hot, Hot, Hot!

Over high heat, bring a large pot of salted water to a boil.



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Step 4: Cool It

Fill a large bowl with ice and water and set aside. This is called an "ice bath," and it will stop the cooking process by quickly cooling the veggies.

Step 5: Count to 60

Place the cut vegetables in the boiling water and let cook until vibrant in color but still firm—about one minute. Carefully remove from heat and drain. This process is called blanching.

Step 6: Hot and Cold

Transfer vegetables to the ice bath, let cool, and then drain. Talk to your child about how blanching partially cooked the raw vegetables. In the next step, ice was used to stop the cooking process.

Step 7: Make it Tasty

Help your child place the cooled vegetables in either a clean jar or glass bowl. Then, choose some tasty herbs and spices to flavor the pickles.

Little Hands Tip: Which veggie do you think will make the tastiest pickle?

Step 8: Spice It Up

Top the veggies with the herbs and spices. Super Grover 2.0 likes fresh dill, garlic, pepper, and thyme. He also uses fresh mint, basil, and anise.

Step 9: Pickle Brew

Now, make the pickle brew! Combine remaining ingredients in a large saucepan over medium-high heat. Cook to just under a boil..

Step 10: Perfectly Prepared Pickles

Carefully pour mixture directly over vegetables and seasonings. Allow to cool to room temperature. Then, cap and refrigerate. Store mixture for at least 48 hours and up to one month.

Step 11: Unleash the Power of Observation

Encourage your child to observe the difference between a fresh veggie and a pickled one!