

# KIDS CLUB

## NEWSLETTER



Welcome to week 4 of our new ChopChop Kids Club newsletter! (If you missed the last one, it's **here**.) This week we're making a frittata, which is like a cross between an omelet and a quiche. We've given you lots of ideas for variations so you can use whatever ingredients you have in your refrigerator or pantry. Don't love broccoli? Add chopped greens instead. Have cauliflower in the fridge? Throw it in. It's a great way to use up leftover odds and ends, like cooked potatoes or stale bread, so you can use what you already have instead of buying new ingredients. Plus, it's a terrific make-ahead breakfast and a satisfying lunch or dinner, too. You can use your new egg skills to make some of the other recipes we link to here, too!

Egg-cited? We are!



# Basic Frittata

You can eat a frittata hot or cold, alone or sandwiched between two slices of whole-grain bread. And it's a recipe that's super flexible. We're giving you a basic recipe for making a vegetable frittata, but check out the variations on the next page for ideas on how to customize it.

ADULT: YES | HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 1 HOUR | MAKES: 6-8 SERVINGS

## KITCHEN GEAR

Cutting board  
Sharp knife (adult needed)  
Measuring spoons  
Measuring cups  
9- to 10-inch oven-safe skillet  
Metal spatula or large spoon  
Large bowl  
Whisk or fork  
Pot holders

## INGREDIENTS

- 1 tablespoon olive or vegetable oil
- 1 onion, peeled and chopped
- ½ head broccoli or cauliflower, trimmed and chopped
- ½ cup leftover cooked potatoes, cooked rice, or stale bread cubes
- 8 large eggs
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 cup chopped fresh basil or flat-leaf parsley leaves (if you have any)
- ½ cup grated cheddar, Swiss, or Parmesan cheese, or crumbled feta or goat cheese



## INSTRUCTIONS

**Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.**

1. Turn the oven on and set the heat to 350 degrees.
2. Put the skillet on the stove, turn the heat to medium, and add the oil. When the oil is hot, add the onion and cook, stirring occasionally, until golden and softened, about 7 minutes. Turn the heat down to low, add the vegetables and potatoes (or rice or bread), and cook until the vegetables are the tenderness you like, 5 to 10 minutes. Set aside until cooled a bit, about 10 minutes.
3. Put the eggs, salt, and pepper in the bowl and mix well with the whisk or fork. Pour the eggs into the skillet. Add the herbs and cheese and mix well.
4. Once the oven temperature has reached 350 degrees, carefully put the skillet in the oven. Bake until the top is golden and the eggs are set, 25 to 30 minutes. (To see if the eggs are set, use pot holders to jiggle the pan back and forth: You should not see the eggs moving around in a liquidy way.)
5. Serve warm or at room temperature, or cover and refrigerate up to 2 days.

**NOTE:** If you don't have an oven-safe skillet, you can pour the cooked vegetables into a lightly greased 9-inch baking dish or pie pan, then mix in the herbs and cheese.

# Make an Eggshell Garden

To celebrate spring, turn your eggshells into mini-gardens. We planted a mix of grass and herbs, but you could also plant little flowers or even lettuce.

## WHAT YOU NEED

Eggs  
Butter knife  
Paper towel  
Thumbtack  
Seeds and potting soil

## INSTRUCTIONS

1. Use the back of the knife to give your egg a sharp whack near the top. Break off just the top (it doesn't need to be perfect), then dump the raw egg into a bowl to cook later.
2. Gently wash the eggshell and leave it to dry.
3. Use the thumbtack to poke a small hole in the bottom of your eggshell. This is easiest if you rest the bottom of the eggshell on the paper towel while you poke it. This can take a few tries, and you may

even break a shell or two. Once you have a small hole, cut or tear a small piece of the paper towel to cover the hole and place it inside the eggshell, covering the hole. This will let the water out, and keep your soil in.

4. Fill your eggshell with potting soil. Follow the directions on your seed packet for how deep to plant them.
5. Stand your egg planters on bottle caps, in empty jars, or in an egg carton, and place them in a sunny spot. Feel the soil with your finger every day to see if they need water. You want it to feel damp—kind of like a wrung-out sponge.

Your seed packet will tell you how long it will take for sprouts to emerge. If you don't have a packet of seeds, try planting a dried bean or lentil, or the seeds from a lemon or orange.



## SHELLFUL OF MATH

A quail egg weighs **9** grams.  
A chicken egg weighs **50** grams.  
A duck egg weighs **75** grams.  
A goose egg weighs **145** grams.  
An emu egg weighs **500** grams.  
An ostrich egg weighs **1300** grams.

1. How much more does an emu egg weigh than a goose egg?
2. If you had a duck egg and a chicken egg, how many grams would they weigh together?
3. How many grams would all of these eggs weigh combined?
4. Which three eggs could you add together to weigh 1359 grams?

## GET MOVING: THE CHICKEN DANCE

Dancing is one of our favorite ways to get moving. If you're feeling a little cooped up, it might be time to do the Chicken Dance. (If we knew an egg dance, we could wonder which came first.)

Look up "The Chicken Dance song" online (it's easy to find!) and follow these steps.

1. Make a "beak" with your thumb and fingers in front of your mouth. Open and close them along with the music, four times.
2. Make two "wings" by putting your hands into your underarms and flap them along with the music, four times.
3. Wiggle your "tail" by moving your hips and bending your knees along with the music, four times.
4. Clap four times along with the music.
5. Repeat this four times until you hear the music change.
6. When the music changes you can do-si-do or dance in a circle, depending on how many people you have with you.
7. When the music changes back, repeat steps 1–4.
8. Repeat the entire dance until the song is over.



## WHERE IN THE WORLD?

Eggs are versatile, which means they can be used in many different ways. In Israel, boiled eggs are eaten during the holiday of Passover. In France, omelets and crêpes are popular ways to eat eggs. Italians eat frittatas, while Spaniards eat tortillas (which are different from the Mexican kind your burrito is wrapped in). In Chinese American cooking, there is a dish called egg foo yong. In Japan, tamago is a type of omelet used in sushi-making. Why do so many cultures use eggs in so many different styles? Because they're egg-cellent, of course! Ask your parents (or older relatives, if you can) how they ate eggs while they were growing up. Then, look at a map, choose a country, and figure out if the people there eat eggs—and if so, how!

## Warren County Cooperative Extension Service



Join 4-H – It's Free!

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

### What are some things I can do in 4-H?

- Join a project club and learn about alpacas, cooking, crafts, the environment, horse, livestock, poultry, rabbits, sewing, SET, shooting sports or vet sciences
- Join an afterschool or community club and learn fun topics with kids in my community
- Go to 4-H camp and enjoy being outside and learning new things.

### How can I join?

Call the Warren County Extension Office at 270-842-1681 to get signed up  
4-H is for 5-18 year olds

### **FREE PRIZE GIVEAWAY**

Call or email us by May 11<sup>th</sup> to be entered for a free drawing.

Let us know if you are enjoying this newsletter  
and whether you've tried any recipes.

270-842-1681 or [warren4h@gmail.com](mailto:warren4h@gmail.com)



**Follow us on Facebook**  
at: Warren County 4-H

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