

WINTER & SPRING 2024 SERIES

EMH Learning Kitchen: 11 am to noon Badger Prairie Needs Network: 1 to 2 pm

Sunday, Feb 18th: Eggs Two Ways

Sunday Mar 10th: Vietnamese Chicken

Noodle Soup

Sunday, April 14th: Beanie Burgers*

Sunday, May 19th: Peanut Butter Granola

Bars*

*These classes at the Badger Prairie Needs Network will be Spanish speaking only



Financial Assistance is available for this class. For questions, please call 608-890-5005.



\$5 per participant



Two locations for each upcoming event:

East Madison Hosptial's Learning Kitchen & the Badger Prairie Needs Network in Verona



Register at https://linktr.ee/uwhealtheats







\$5
per participant



February 18, 2024 11:00 AM - 12:00 PM 1:00 PM - 2:00 PM

EGGS TWO WAYS

The ChopChop Cooking Club is an interactive cooking class for children and parents/caregivers that aims to inspire and teach families to cook and eat together. Learn basic skills and nutritious recipes with us at ChopChop Cooking Club!

This class is for ages 5+. Children must be accompanied by an adult or caregiver during the class, and there should be no more than 3 children to one adult. Each participant must be enrolled for the class. Masking required unless eating.



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EMH's Learning Kitchen & Badger Prairie Needs Network

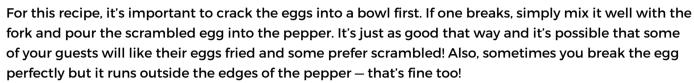


Register at https://linktr.ee/uwhealtheats



CHOPCHOP

PEPPER-RING EGGS



HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 20 MINUTES | MAKES 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring spoons
Medium-sized skillet
Cup or mug
Tongs or heatproof spatula

INGREDIENTS

1 bell pepper (any color you like)1 tablespoon olive oil4 large eggs¼ teaspoon salt¼ teaspoon black pepper

INSTRUCTIONS

- 1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
- 2. Put the pepper on the cutting board and cut the middle portion horizontally into 4 rings, each about ½-inch thick. Remove the seeds and the spongy veins. (Eat the top and bottom of the pepper or save it for a salad.)
- 3. Put the skillet on the stove and set the heat to medium. Add the oil and when it is hot, carefully add the bell pepper rings and cook until they lose their bright color, about 2 minutes.
- 4. Carefully, using the tongs, turn the rings over. Crack 1 egg into a cup and pour into 1 ring, very slowly and carefully, allowing it to fill the outlines of the pepper. (If some leaks out or spills over, don't worry!) Repeat 3 more times.
- 5. Sprinkle with the salt and pepper, and cook until the whites and yolks are set, 3 to 5 minutes, carefully flipping the eggs halfway through cooking. Serve right away.



FAMOLY

\$5per participant



February 18, 2024 11:00 AM - 12:00 PM 1:00 PM - 2:00 PM



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EXTRAS

Add 1 tablespoon grated cheese to each egg before flipping Serve each egg with 1 tablespoon salsa on top

CHOPCHOP ONE-EYED JACK ONE-EYED JACK

This old-fashioned breakfast goes by lots of names: egg-in-a-basket, egg\(\text{\text{\text{in-a-hole}}}\), gashouse egg, and bull's-eye egg, among others. But whatever you call it, it's a fun and filling way to start your day.

HANDS-ON TIME: 5 MINUTES | TOTAL TIME: 10 MINUTES | MAKES 1 SERVING

KITCHEN GEAR

Drinking glass Small bowl Small nonstick pan Heatproof spatula

INGREDIENTS

1 slice whole-wheat or multigrain bread1 large egg2 teaspoons olive oilSalt and black pepper

INSTRUCTIONS

- 1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
- 2. Use the open mouth of the glass to cut a hole out of the center of the slice of bread. Set aside the bread frame and the cutout circle of bread.
- 3. Crack the egg into the bowl gently, being careful not to break the yolk.
- 4. Put the pan on the stove and turn the heat to medium. When the pan is hot (flick some water on it should dance and evaporate immediately), add the oil, then lay the bread frame into it carefully.
- 5. Gently pour the egg into the hole and season the egg with a pinch of salt and pepper. (If you like, you can also fry the cutout circle of bread alongside.)
- 6. Cook the bread frame until it has browned underneath and the egg in the hole has started to set, about 2 minutes, then carefully flip the whole thing. Cook the other side until the egg yolk is as firm as you like it about 30 seconds to a minute longer. (If you're frying the cutout, flip that too.)
- 7. Eat right away.



\$5 per participant



February 18, 2024 11:00 AM - 12:00 PM 1:00 PM - 2:00 PM



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VIETNAMESE CHICKEN NOODLE SOUP

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\$5 per participant



March 10, 2024 11:00 AM - 12:00 PM 1:00 PM - 2:00 PM



EMH's Learning Kitchen & Badger Prairie Needs Network

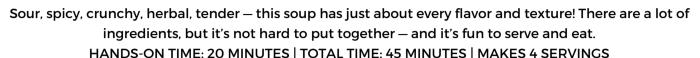


Register at https://linktr.ee/uwhealtheats



CHOPCHOP

VIETNAMESE CHICKEN NOODLE SOUP



KITCHEN GEAR

Cutting board

Sharp knife (adult needed)

Measuring cup

Measuring spoons

Large pot

Wooden spoon or heatproof spatula

Pot holders

Medium-sized bowl

6 small bowls for toppings

4 bowls

INGREDIENTS

8 cups low-sodium chicken broth

4 quarter-sized slices fresh ginger

2 garlic cloves, peeled and thinly sliced

1 lemongrass stalk, thinly sliced (this is a job for an adult)

1 tablespoon fish sauce

4 ounces rice noodles

1 cup shredded or diced cooked chicken

¼ cup each chopped fresh cilantro and basil leaves

1 cup bean sprouts

1 tablespoon Vietnamese chili paste (if you like it spicy)

1 lime, quartered

INSTRUCTIONS

- 1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
- 2. Put the broth, ginger, garlic, lemongrass, and fish sauce in the pot and put the pot on the stove. Turn the heat to high and bring to a boil. Turn the heat down to low and cook 20 minutes.
- 3. While the broth is cooking, put the noodles in the medium bowl and cover them with hot water. Set aside until soft, 20-30 minutes. Drain the noodles and divide them among the 4 bowls.
- 4. Put the chicken, cilantro, basil leaves, bean sprouts, chili paste, and lime in the separate bowls and put them out on the table.
- 5. Ladle broth on top of each bowl of noodles and allow each guest to add whatever accompaniments they choose.



FAMOLY

\$5 per participant



March 10, 2024 11:00 AM - 12:00 PM 1:00 PM - 2:00 PM



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BEANIE BURGERS

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\$5 per participant



April 14, 2024 11:00 AM - 12:00 PM 1:00 PM - 2:00 PM



EMH's Learning Kitchen & Badger Prairie Needs Network



Register at https://linktr.ee/uwhealtheats



CHOP CHOP BEANIE BURGERS FAMOUY

Beans give you protein for muscles and carbohydrates for energy.

HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 20 MINUTES | MAKES 4 SERVINGS

KITCHEN GEAR

Can opener

Measuring cups

Mixing bowl

Sharp knife (adult needed)

Fork

Skillet

INGREDIENTS

116 ounce can black beans, drained and rinsed with cold water

1 large egg

½ cup leftover/cooked rice, barley, or panko breadcrumbs

2 scallions, minced

2 tablespoons chopped fresh cilantro or basil leaves, or a combination, rinsed with cold water

1 clove garlic, minced

¼ teaspoon ground cumin, or more to taste

1/4 teaspoon dried oregano or basil

1 teaspoon olive oil

½ teaspoon kosher salt

½ teaspoon black pepper, if you like

INSTRUCTIONS

- 1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
- 2. Put the black beans in a bowl and using a fork, mash until chunky.
- 3. Crack the egg into a separate large mixing bowl and, using a fork, mix until the color is all the same.
- 4. Add the chunky black beans, then add the rice, barley or breadcrumbs, scallions, cilantro or basil leaves, garlic, cumin, oregano or basil and olive oil and mix until well combined.
- 5. Divide the mixture into 4 portions and form each into a patty about 3/4-1 inch thick. Sprinkle the patties with salt and pepper.
- 6. With the help of an adult, put a skillet on the stove and turn the heat to high. Wait two minutes for the pan to get hot and then add the patties to the dry pan. Cook until browned on both sides and heated throughout, 4-5 minutes on each side. You can serve them alone or on buns like the meat burgers.
- 7. Add lettuce, tomato and any other toppings.



\$5 per participant



April 14, 2024 11:00 AM - 12:00 PM 1:00 PM - 2:00 PM



EMH's Learning Kitchen & Badger Prairie Needs Network



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PEANUT BUTTER GRANOLA BARS

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\$5
per participant



May 19, 2024 11:00 AM - 12:00 PM 1:00 PM - 2:00 PM



EMH's Learning Kitchen & Badger Prairie Needs Network



Register at https://linktr.ee/uwhealtheats



CHOPCHOP PEANUT BUTTER GRANOLA BARS PAMODY

By Margi Fineran, White House Pastry Chef
HANDS-ON TIME: 30 MINUTES | TOTAL TIME: 60 MINUTES | MAKES 12 BARS

KITCHEN GEAR

Large mixing bowl
12 x 18 inch sheet pan
Measuring cups
Measuring spoons
Spatula
Wax or parchment paper
Rolling pin
Knife

INGREDIENTS

2 cups puffed rice

2½ cups puffed millet

4½ cups old fashioned rolled oats

1 cup raisins

¾ cup sunflower seeds, toasted

¾ cup pumpkin seeds, toasted

½ cup flax seeds

¾ cup toasted unsweetened coconut

1 cup mini chocolate chips

¾ cup honey

¾ cup maple syrup

3 cups (24 oz) natural peanut butter

INSTRUCTIONS

- 1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
- 2. Put all the ingredients in a large bowl and mix well to coat everything in peanut butter.
- 3. Prepare a 12x18-inch sheet pan by lightly brushing it with canola oil.
- 4. Spread the well-mixed ingredients into the prepared pan and smooth evenly with a spatula.
- 5. It's a stiff mixture, to really push it together, cover with parchment or wax paper and roll it into place with a rolling pin.
- 6. Chill or freeze before cutting into squares.



\$5 per participant



May 19, 2024 11:00 AM - 12:00 PM 1:00 PM - 2:00 PM



EMH's Learning Kitchen & Badger Prairie Needs Network



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