Frog Eye Salad for kids

Snacks · ages 8 to 14 (grades 3rd–8th) · about 30 minutes, plus 30 minutes waiting · serves 8

Let's make a pond-green dessert salad full of tiny frog eyes that stare right back at you! Steps marked Grown-up step are for a grown-up to do.

Ingredients

- 1 cup tiny round pasta
- 6 cups cold water
- 2 cups whipped cream
- 1 cup pineapple chunks
- 1 cup mandarin oranges
- 1 cup mini marshmallows

Tools

A big pot, The stove (grown-up), A colander, A mixing bowl, A flat spatula, Measuring cups, Cups or glasses.

Steps

1. Wash your hands with soap for twenty seconds.
2. Grown-up step: A grown-up boils 6 cups of cold water in a big pot, then stirs in 1 cup of tiny round pasta.
3. Grown-up step: A grown-up drains the pasta in a colander and rinses it under cold water.
4. Tip the pasta into a big bowl and let it cool for 15 minutes.
5. Grown-up step: A grown-up opens the cans and drains the fruit in a colander.
6. Fold 2 cups of whipped cream into the cooled pasta with a spatula.
7. Add 1 cup of pineapple chunks, 1 cup of mandarin oranges and 1 cup of mini marshmallows, and fold gently.
8. Cover the bowl and chill it in the fridge for 30 minutes.
9. Spoon it into cups. Spot the frog eyes!

Safety notes

- Hot! A grown-up does this part.
- Contains milk, wheat. Swap an ingredient for an allergy where the recipe lists a swap.
- Marshmallows are a choking risk for little ones under 4.
- Read the label on packets for allergies.

Kitchen science

Tiny round pasta swells as it cooks and soaks up flavour from the sweet cream around it, so every little frog eye tastes of the whole salad.

Make it your own

- Add a few green grapes, cut in half the long way, for extra eyes.
- Swap in blueberries for blue-eyed frogs.
- Spoon it into little jars for a lunchbox treat.

Questions about frog eye salad

Why is it called frog eye salad? The tiny round pasta, acini di pepe, looks like little frog eyes floating in the cream. Search for acini di pepe if your store has it by another name.

Is frog eye salad a salad or a dessert? It's both, in the way that fruit salad is. It's sweet enough to be a dessert and is often served alongside the main meal at potlucks and holidays.

Can I make it without custard? Yes. Older recipes cook a custard of eggs, sugar and juice on the stove. This version skips it and relies on the cream, fruit and marshmallows for sweetness, so a child can do nearly every step.

How long will it keep? Kept covered in the fridge it keeps for about two days, though the pasta slowly soaks up the cream and the salad gets thicker.

Free at peabody.kids/kitchen/frog-eye-salad