

WACKY week

with Dr. Seuss

It's TRY
SOMETHING
NEW Day!

Adult
supervision
required!

Green Eggs and Ham in a Skillet

Creamy spinach with eggs and ham

Time: 30 minutes

Makes 4 servings

Adding cream and Parmesan to Green Eggs and Ham gives the dish a comforting cheesiness that'll win over any Green-Eggs-and-Ham doubter. Make a game of cracking the eggs without breaking the yolk—although broken yolks are delicious, too.



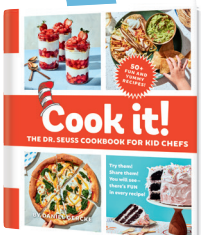
Ingredients

- 2 tablespoons unsalted butter
- 2 ounces cooked ham, diced
- 2 shallots, minced
- Kosher salt and freshly ground black pepper
- 15 ounces fresh baby spinach
- 4 tablespoons heavy cream
- 5 tablespoons grated Parmesan
- 4 large eggs

1. Heat the oven to 375°F.
2. Melt the butter in a large skillet over medium heat. Add the ham (watch out for splatter!) and fry until golden and crispy around the edges, about 4 minutes. With a slotted spoon, transfer the ham to a plate.
3. Add the shallots and a pinch of salt to the skillet and cook until soft, 5 to 8 minutes. Stir in the spinach (you may have to add it in batches) and another pinch of salt; cook until the spinach wilts, about 3 minutes. Remove from the heat and stir in the cream and Parmesan.
4. With the back of a spoon, make 4 craters in the spinach mixture, and carefully crack the eggs into them. Season with salt and pepper to taste. Transfer the skillet to the oven and bake until the eggs are lightly set, 7 to 10 minutes. Sprinkle with the ham, then try them, try them, you will see!



ISBN: 978-0-525-57959-5



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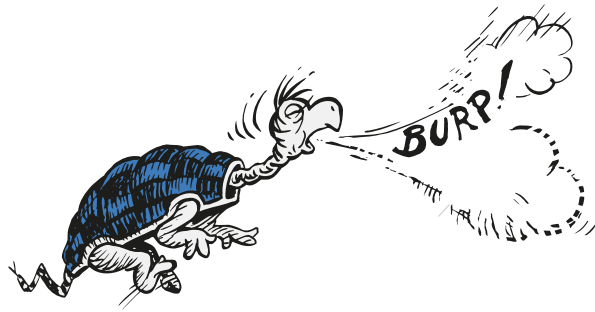
Tuttle-Tuttle Crisps

Crunchy kale chips

Time: 30 minutes

Makes 2 to 3 cups

These healthy salty snacks will perk up even a totally tired turtle. Bet you can't eat just one!



Ingredients

- 1/2** large bunch of kale (about 7 ounces)
- 1** tablespoon extra-virgin olive oil
- 1 1/2** tablespoons finely grated Parmesan
- Large pinch of fine sea salt

- 1.** Arrange the racks in the upper and lower thirds of the oven, and heat the oven to 275°F.
- 2.** Wash and thoroughly dry the kale. (If it's not completely dry, the chips won't crisp up.) Remove the stems and tear the leaves into large pieces.
- 3.** In a large bowl, mix together the oil, Parmesan, and salt. Toss the torn Tuttle (kale) with the oil mixture, using your hands to massage it into each piece. Divide the Tuttle between 2 rimmed baking sheets, spreading them out evenly.
- 4.** Bake both trays at once until the Tuttle are shrunken and crisp, about 20 minutes. Remove from the oven and allow to cool on the baking sheets. Eat your Tuttle right away (while they're at their crispiest), or store them in an airtight container for up to 1 week.



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Cat Hat Parfait

*Creamy yogurt and honey parfait
with fresh strawberries*

Time: 5 minutes

Makes 1 serving

Can you layer red fruit and white yogurt to look like the stripes on the Cat's hat? The sweet strawberries and creamy yogurt make this healthy enough for breakfast and yummy enough for dessert!



Ingredients

- 9** tablespoons whole-milk or low-fat plain yogurt
- 1/4** teaspoon vanilla extract, plus more to taste
- 3/4** cup chopped fresh strawberries
- 1 1/2** teaspoons honey

- 1.** In a bowl, whisk together the yogurt and vanilla. Taste and add more vanilla if it's not vanilla-y enough.
- 2.** To an 8-ounce glass, add 3 heaping tablespoons of strawberries. On top of that, put 3 tablespoons of vanilla yogurt. Then drizzle that with $\frac{1}{2}$ teaspoon of honey.
- 3.** Repeat step 2—berries! yogurt! honey!—two more times until you ALMOST reach the top of your glass. Try to build each layer evenly. Finish it with berries on top. Don't let the parfait overflow!



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Boom Band Mac and Cheese

Macaroni and cheese with trumpet pasta

Time: 25 minutes

Makes 3 to 4 servings

Butternut squash, peas, and yogurt make for a healthful mac and cheese. Cheddar keeps it deep, rich, and cheesy.



Ingredients

- Kosher salt
- 12** ounces trumpet (campanelle) pasta
- 2/3** cup frozen peas
- 2** cups shredded extra-sharp cheddar
- 1/2** cup butternut squash purée (homemade, frozen, or canned)
- 1/2** cup plain whole-milk Greek yogurt
- 1/2** cup whole milk
- 1/8** teaspoon freshly grated nutmeg
- 2** tablespoons unsalted butter, cubed

- 1.** Bring a large pot of heavily salted water to a boil. Cook the pasta according to the package directions, lowering in the peas 2 minutes before the pasta is al dente.
- 2.** Meanwhile, stir together the cheese, squash, yogurt, milk, nutmeg, and $\frac{1}{2}$ teaspoon salt.
- 3.** Save 1 cup of the pasta water, then drain the pasta and peas. Return them to the pot over medium-low heat. Stir in the butter until melted. Fold in the squash mixture and stir until the cheese is melted and the sauce is smooth. If the sauce looks too thick, stir in some of the pasta water, a couple of tablespoons at a time.
- 4.** Remove from the heat and serve immediately.



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Create Something New with Something Old!

Reduce. Reuse. Recycle. The Lorax teaches us that every small step towards helping our environment can make a **BIG** difference! Create something new by reusing something old to help reduce waste with the simple craft ideas below.

Yogurt Container Photo Holder

Materials

Yogurt Container • Photos • Scissors

Instructions

1. Clean an empty yogurt container (any size will work!).
2. With an adult's help, cut a slit along the bottom of the container.
3. Use painter, markers, glitter, and more to decorate your container.
4. Add your selected photos!

Egg-Carton Boat

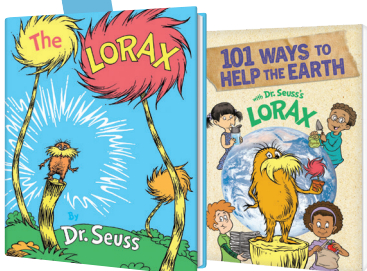
Materials

Egg Cartons • Popsicle Stick or Straw
Paper • Glue or Tape • Scissors

Instructions

1. Remove the top of your egg carton and any extra tabs off the base.
2. Cut a small hole in one (or two or more!) of the points of the carton for your stick or straw. If needed, secure your stick or straw with glue or tape.
3. Find old and unused paper around your house and, with an adult's help, cut to the size you would like to make your sail(s). Draw or color a design for your sails.
4. Poke a hole on either end and attach each sail to your stick(s) or straw(s). If needed, secure your sails with glue or tape.
5. Decorate your boat! Use paint, markers, glitter, and more to decorate.
6. Add dolls or figurines and set sail in the bath or sink!

ISBN: 978-0-394-82337-9 • 978-0-593-30839-4



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