

# LESSON 7:

## CHICKPEA SALAD AND SPICED PUMPKIN BUTTER

### CHICKPEA SALAD

Serving Size: 12 servings

#### Ingredients:

- 1 can chickpeas
- 2 large celery stalks
- 1 granny smith apples
- 1/3 cup plain non-fat greek yogurt
- ½ lemon, 2 tsp juice needed
- 2 tbsp mustard
- Salt and pepper to taste

#### PREP BEFORE CLASS:

Wash celery stalks and apples and cut each into 12 individual pieces.

#### Directions:

1. Demonstrate to students how to open the can of chickpeas with a can opener. Allow a student volunteer to help drain and rinse.
2. Pour chickpeas into a bowl. Have a student volunteer roughly smash chickpeas with a mixing spoon or spatula. Sprinkle with a pinch of salt.
3. Distribute a piece of celery and apple to each student. Instruct students to dice celery and apple into small pieces. Add to chickpeas. Toss.
4. In a separate bowl, have students measure yogurt, mustard, and lemon juice. Whisk dressing together. Add salt and pepper to taste.
5. Pour dressing over salad mixture. Lightly toss to coat ingredients evenly.
6. Serve and enjoy!

#### DID YOU KNOW?

Celery is  
95%  
water!



#### DID YOU KNOW?

Pumpkins contain fiber, vitamin A and B, potassium, protein, and iron.



### SPICED PUMPKIN BUTTER

Makes 12 servings

#### Ingredients:

- 2 cups medjool dates\*
- 1 can pumpkin puree, 1 cup needed
- 4 tsp cinnamon
- 12 graham crackers (NUT FREE)

\*can substitute figs, raisins, or dried apricots

#### PREP BEFORE CLASS:

To soften dates, soak in water until needed for recipe. Prepare blender.

#### Directions:

1. Drain dates after soaking. Pit dates.
2. Add dates to blender. Make sure they are pitted!
3. Demonstrate to students how to open the pumpkin puree with a can opener. Have a student measure puree and add to blender.
4. Blend dates and pumpkin until smooth. This may take several rounds of blending. Use a spatula to push down mixture from side of blender as needed.
5. Measure cinnamon and add to mixture until well incorporated.
6. Distribute a scoop of pumpkin butter and graham cracker to each student.
7. Have students spread mixture over their graham cracker. Enjoy!

# LESSON 7: FLAVOR ENHANCEMENT

## SHOPPING LIST

### Ingredients to buy:

- 2 large celery stalks
- 1 granny smith apples
- 1/3 cup plain non-fat Greek yogurt
- ½ lemon, 2 tsp juice needed

- 2 tbsp mustard
- 1 can chickpeas
- 2 cups medjool dates\*
- 1 can pumpkin puree, 1 cup needed
- 12 graham crackers (NUT FREE)

### Ingredients in the bin:

- salt
- cinnamon

## OBJECTIVES

- Explain how herbs and spices can be used to enhance flavors
- Name a benefit of mustard seed
- Explain the technique of measuring

## STAR TECHNIQUE: MEASURING

- Measuring means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- What tools do you usually use to measure? Measuring cups (dry and liquid), measuring spoons, scales, and other things!
- What food do you usually measure? All ingredients can be measured!
- Why measure? Measuring properly ensures that your recipe will taste good and cook correctly!

See MEASURING TIPS page at the beginning of the curriculum for proper measuring techniques

## INTRODUCTION

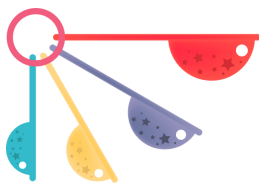
🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies
- Ask the students to identify the ingredients from both recipes, guess what we are making and cuisine the recipes belong to.
- Today we will be making chickpea salad and spiced pumpkin butter. One is a savory dish and the other is a sweet dish. Each recipe calls for different herbs and/or spices to enhance the flavors of the food.
- We will see how herbs and spices can enhance flavors in both savory and sweet foods.

## DEVELOPMENT

🕒 5-7 min

- Herbs and spices are nature's natural flavor enhancers!
- Herbs such as basil, rosemary, thyme, and parsley bring freshness and aromatic notes to your meals.
- Similarly, spices like cumin, paprika, turmeric, and chili powder can add depth, warmth, and a touch of exoticism to your cooking.
- Meanwhile, spices like vanilla and cinnamon along with nutmeg are commonly used in baking to enhance sweetness.
- To use spices to enhance flavor, experiment with small amounts and gradually build up to achieve the desired taste.
- Keep in mind that some spices are best added early in the cooking process to infuse the flavors, while others are better sprinkled towards the end for a fresh kick.

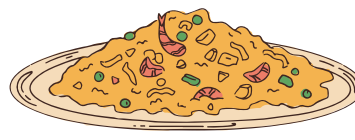


# LESSON 7: FLAVOR ENHANCEMENT

## HERB OR SPICE

## ENHANCES FLAVOR OF

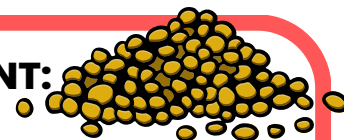
## THESE DISHES



### MUSTARD USES

- Condiment: Mustard is commonly used as a condiment, either as a prepared paste or as a sauce.
- Salad dressings and marinades: Mustard can be used as an ingredient in homemade salad dressings, marinades, and vinaigrettes to add flavor and emulsify the ingredients.
- Cooking ingredient: Mustard seeds or powdered mustard can be used as a spice in various recipes, such as curries, stews, roasted vegetables, and braised meats.

### STAR INGREDIENT: MUSTARD



- When you think of mustard, you probably think of the yellow gooey stuff that you might put on a hot dog. But did you know that that sauce originated as a seed?
- Mustard seeds come from the mustard plant, which is a member of the cabbage family.
- Mustard has been used for thousands of years and is believed to be one of the oldest spices in the world.
- Digestive aid: Mustard seeds contain enzymes that can promote healthy digestion and stimulate the production of digestive juices.
- Antioxidant properties: Mustard seeds contain antioxidants that help protect the body against oxidative stress and may have anti-inflammatory effects.
- Good source of minerals: Mustard seeds are rich in minerals like selenium, magnesium, and calcium, which are important for maintaining healthy bones and teeth.

### END OF CLASS CHECKLIST



10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal