


LESSON 12:

BLACK BEAN SLIDERS & APPLE PIE

BLACK BEAN SLIDERS

Ingredient	Students Per Class		
	10	15	20
Black beans, can	1	1 1/2	2
Bread crumbs 	1/2 cup	3/4 cup	1 cup
Pre-cooked quinoa*	1/2 cup	3/4 cup	1 cup
Carrot, medium	1	1 1/2	2
Chili powder	1 tsp	1 1/2 tsp	2 tsp
Cumin	1 tsp	1 1/2 tsp	2 tsp
Paprika	1 tsp	1 1/2 tsp	2 tsp
Onion powder	1/2 tsp	1 tsp	1 1/2 tsp
Salt	1/8 tsp	1/4 tsp	1/2 tsp
Black pepper	1/2 tsp	1/2 tsp	1 tsp
Garlic clove	1	1 1/2	2
Olive oil	1 tbsp	1 tbsp	1 tbsp
Lime juice	1 tbsp	1 1/2 tbsp	2 tbsp
Romaine Lettuce leaf	10	15	20
Shredded cheese	1/2 cup	3/4 cup	1 cup
Ranch dressing	2/3 cup	1 cup	1 1/4 cup

 : Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE CLASS:

Wash carrot and slice into coins. Open black beans and pour reserved liquid into a small bowl. Preheat oven to 350F and grease a foil lined cookie sheet.

Directions

- Add carrot and garlic to food processor, chop finely.
- In a large bowl, add black beans lime juice, seasoning, and reserved black bean liquid. Mash with a fork until cohesive but still a little chunky.
- Stir in quinoa (can substitute for equal parts breadcrumbs), breadcrumbs, garlic, and carrot. Mix until the mixture sticks together.
- Shape into small patties (about 1-2 inches wide) and place on the greased cookie sheet.
- Bake for 10 minutes, flip, and bake another 10 minutes. During the last 2 minutes, top with shredded cheese and continue baking until cheese is melted.
- Burgers will firm up slightly as they cool.
- Serve in romaine lettuce leaves with a dollop of ranch.

DID YOU KNOW?


Black beans and Greek yogurt are great sources of vegetarian protein!




DID YOU KNOW?

Cinnamon comes from the bark of the cinnamon tree.

APPLE PIE CUPS

Ingredient	Students Per Class		
	10	15	20
Graham crackers 	1/2 box	3/4 box	1 box
Medium apples	3	4 1/2	6
Applesauce	1 cup	1 1/2 cups	2
Cinnamon	1/2 tsp	3/4 tsp	1
Heavy whipping cream	1 cup	1 1/2 cups	2 cups
Sugar or honey	2 tbsp	3 tbsp	4 tbsp
Plastic cups for serving	10 cups	15 cups	20 cups

 : Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE CLASS:

Wash and cut apples into pieces - one piece for each student.

Directions:

1. Pass one plastic cup, one graham cracker and one piece of apple to each student.
2. Instruct students to break the graham cracker into the bottom of the cup.
3. Have students dice their apple.
4. Layer the apples on top of graham crackers.
5. Have students measure cinnamon and applesauce in a small bowl.
6. Have students help measure and add heavy whipping cream to the blender.
7. Whip until it has reached the consistency of whipped cream. Add sugar and vanilla, blend very briefly.
8. Have students top their cups with one tablespoon of applesauce and a dollop of whipped cream. Enjoy!

LESSON 12:

UNITED STATES

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh Produce:

- Garlic
- Carrot
- Lime, juiced
- Romaine lettuce
- Medium apples

Dairy:

- Shredded cheese
- Heavy whipping cream

Pantry Staples:

- Bread crumbs (NUT & SESAME FREE)
- Pre-cooked quinoa (can sub for breadcrumbs)
- Chili powder
- Paprika
- Onion powder
- Cumin
- Graham crackers (NUT & SESAME FREE)
- Canned black beans
- Ranch dressing
- Applesauce

Ingredients in the Bin:

- Honey or Sugar
- Olive oil
- Salt and pepper
- Cinnamon
- Plastic cups

OBJECTIVES

- ☒ Teach and Discuss American cuisine
- ☒ Discuss the process of peeling garlic
- ☒ Discuss common ingredients used in American cooking
- ☒ Talk about the star ingredient: apple



STAR TECHNIQUE: PEELING

Many fruits and vegetables need to be peeled before we can eat them. You can use a peeler, a knife, a spoon, or your hands to peel. To peel garlic easily, place a clove on a cutting board and gently press down with the flat side of a chef's knife or your hand. This loosens the skin, making it easy to peel off. It's a quick and efficient method!

DEVELOPMENT

⌚ 5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Discuss American Cuisine
 - Do you have any favorite American dishes?
 - Can anyone guess what dishes we may be making with the ingredients today?
 - Apples, Cinnamon, Graham crackers, Black beans, Ranch dressing
- Discuss a few popular American dishes in more detail, describing their ingredients and preparation methods. Ask students if they are familiar with these dishes:
 - Burgers: A grilled beef or plant-based patty served on a bun with toppings like lettuce, tomato, and cheese.
 - Macaroni and Cheese: Creamy pasta baked with cheese sauce, sometimes topped with breadcrumbs.
 - Barbecue Ribs: Slow-cooked ribs coated in tangy barbecue sauce, popular at cookouts.
 - Apple Pie: A sweet dessert with cinnamon-spiced apples in a flaky crust, served warm with ice cream.

ENGAGEMENT TIPS



When students dice their apples, remind them of the bear claw technique for safe cutting. Check in often as they work.



While whipping the cream, have students listen for the sound to change as it thickens. Ask them to raise their hands when they hear it.



To keep workstations clean, have students wipe cutting boards with a paper towel and put knives in the sink when they finish.

LESSON 12:

UNITED STATES



UNITED STATES FUN FACTS

- The United States is the world's third-largest country by land area, spanning from the Atlantic to the Pacific Ocean.
- With a population of over 330 million people, the United States is one of the most populous countries in the world.
- New York City is a global center of art, theatre, fashion, and business.
- The United States has diverse and special landscapes, from the Rocky Mountains to the Everglades.
- The United States is a melting pot of cultures, with people from all over the world.

EXPLORING COMMON AMERICAN INGREDIENTS



- **Tomatoes:** Rich in vitamin C, tomatoes are great for your skin and heart health. They're often eaten in salads, sandwiches, or used in sauces, adding a juicy and sweet flavor to meals.



- **Honey:** Honey can be soothing for a sore throat. Made by bees, it's often used to sweeten drinks, toast, and baked treats!



- **Cinnamon:** Known for its warm, sweet flavor, cinnamon is often used in American baking, like in apple pies or cinnamon rolls.



- **Potatoes:** Potatoes are high in vitamins and minerals, like potassium, and are a great source of energy. They can be mashed, baked, fried, or made into chips, making them a favorite in many American meals.



- **Cheese:** American cheese comes in many varieties like cheddar, mozzarella, and cream cheese. It's often used in sandwiches, burgers, and snacks, providing calcium and protein to keep bones and muscles strong.



- **Peanut Butter:** Peanut butter is a great source of healthy fats and protein, helping you stay full and giving you energy. It's a popular spread for sandwiches and snacks, and it can be creamy or crunchy.



- **Berries:** Full of vitamins, antioxidants, and fiber, berries like strawberries, blueberries, and raspberries help keep your body healthy. These sweet and juicy fruits are perfect for snacks or adding to desserts.



STAR INGREDIENT: APPLE



- **What are apples?** Apples are sweet, crunchy fruits that grow on trees. They come in many colors, including red, green, and yellow, and are a popular snack for people of all ages.
- **Where do apples grow?** Apples are grown in many places around the world, especially in cooler climates. They are often grown in orchards, and places like Washington State in the U.S. are famous for their apple farms.
- **Why are apples good for us?** Apples are high in fiber, which helps with digestion and keeps you feeling full. They also contain vitamins like vitamin C, which helps keep your skin healthy and boosts your immune system. Plus, apples have antioxidants that can help protect your body.

END OF CLASS CHECKLIST

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