

BAKED FALAFEL

Ingredient	Students Per Class		
	10	15	20
Chickpeas, 15 oz can	1	1 1/2	2
Fresh parsley	1/2 cup	3/4 cup	1 cup
Garlic cloves	2	3	4
Flour 	2 tbsp	3 tbsp	4 tbsp
Salt	1/4 tsp	1/3 tsp	1/2 tsp
Pepper	1/4 tsp	1/3 tsp	1/2 tsp
Cumin	1 tsp	1 1/2 tsp	2 tsp
Baking powder	2 tsp	3 tsp	4 tsp
Olive oil	2 tsp	3 tsp	4 tsp

 : Make sure it is PEANUT, NUT, and SESAME FREE

PREP BEFORE CLASS:

Preheat the oven to 450°F. Rinse and drain the chickpeas, rinse herbs, line baking tray with foil, and grease with olive oil. Prepare the blender.

Directions:

1. Have student volunteers add the chickpeas, parsley, garlic, salt, pepper, cumin, baking powder, and flour into the large blender attachment.
2. Blend the mixture until well combined. Remember to do the blender dance!
3. Distribute 2 tbsp of the mixture to each student. Demonstrate to the students how to roll the falafel into balls and then flatten them into discs.
4. Collect the falafels onto a greased baking tray, and bake them in the oven for 15 minutes.
5. Remove from the oven, let cool, and enjoy!



DID YOU KNOW?

Garbanzo beans are full of protein to keep our muscles strong, and fiber to keep our stomach healthy!



DID YOU KNOW?

Limonana is a mint and lemon dish that is commonly enjoyed during summertime!

LIMONANA PUDDING

Ingredient	Students Per Class		
	10	15	20
Greek yogurt, 16 oz	1	1 1/2	2
Sweetened condensed milk, 7 oz can	1/2	3/4	1
Large lemon	1	1 1/2	2
Fresh mint leaves	1/2 cup	3/4 cup	1 cup

Other: Cups for serving.

PREP BEFORE CLASS:

Wash lemon.

Directions:

1. Distribute a few mint leaves to each student. Demonstrate how to chop the leaves into small pieces.
2. Have a student volunteer help zest the lemon into a small mixing bowl, and set aside.
3. In a large mixing bowl, have student volunteers juice the lemon. Add lemon zest to the bowl. Have another student volunteer pour the sweetened condensed milk into the bowl.
4. Whisk together the mixture until well combined.
5. To the large mixing bowl, add the container of plain Greek yogurt and mix to combine.
6. Distribute the pudding to each student, and instruct students to top with the chopped mint leaves.

LESSON 16

BAKED FALAFEL

INGREDIENTS

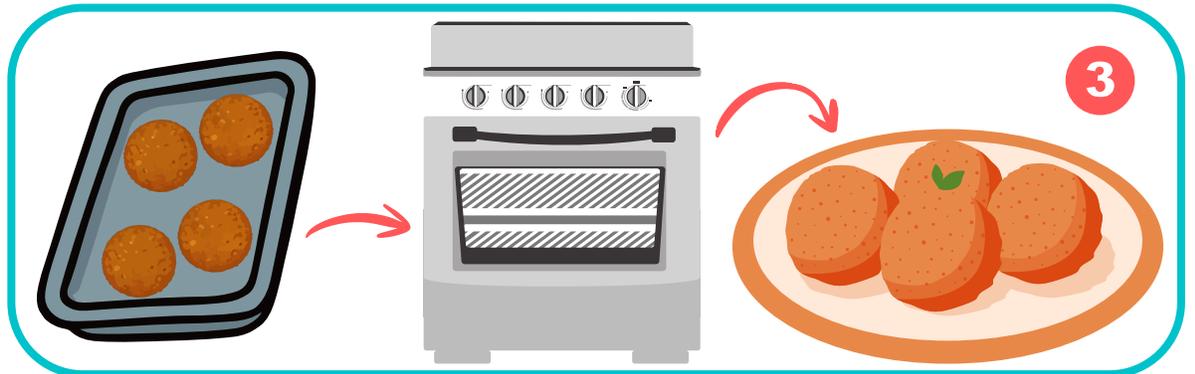
Canned Chickpeas
Fresh Parsley
Garlic Cloves
Flour
Salt
Pepper
Cumin
Baking Powder
Olive Oil



Add chickpeas, parsley, garlic, flour, salt, pepper, cumin, and baking powder into blender and blend until combined



Demonstrate how to roll falafel into balls and flatten into discs on greased baking sheet



Bake falafel in preheated 450 degree oven and bake for 15 minutes. Let cool and enjoy!

LIMONANA PUDDING

INGREDIENTS

Greek Yogurt
Condensed Milk
Lemon
Mint Leaves
Cups



Have students chop mint leaves and set aside for later.



Mix together the lemon zest and juice, yogurt and condensed milk. Spoon into cups, garnish with mint and enjoy!

LESSON 16:

LONG-LASTING POWER

SHOPPING LIST

Ingredient amounts will differ by class size; see individual recipes for exact quantities.

Ingredients to buy:

Fresh Produce

- Lemon
- Fresh mint
- Fresh parsley
- Fresh cilantro
- Garlic cloves

Dry goods

- Flour (NUT & SESAME FREE)
- Baking powder

Dairy Products

- Plain Greek yogurt
- Canned sweetened condensed milk

Other

- Cumin
- Canned chickpeas

Ingredients in the bin:

- Salt
- Pepper
- Olive oil
- Cups for serving

OBJECTIVES

- Be able to apply rhetorical squeezing technique
- Understand the process of Seasoning
- Identify ingredients used in today's recipe

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. Have them guess what we might be making today.
- Today we are making Baked Falafel and Limonana Pudding!
 - Ask if any of the students have tried either of the recipes
- The baked falafel will be rolled in balls. What other recipes have you made and eaten that have been in that same shape?
- Limonana pudding is just one type of pudding treat, ask the students what other pudding flavors they've had before - there's chocolate, tapioca, mousse, and more!
 - The term "pudding" may be initially thought as an unhealthy, sugary dessert, but this recipe is made with Greek yogurt that has nutritional benefits that will get your body strong and mind sharp!

STAR INGREDIENT: CHICKPEAS



- Chickpeas, also known as garbanzo beans, are a type of legume that belongs to the Fabaceae family.
- There are two main varieties of chickpeas: the larger and creamier Kabuli chickpeas and the smaller, darker Desi chickpeas.
- Chickpeas are not only valued for their taste and culinary uses but also for their nutritional content. They are a good source of protein, fiber, vitamins, and minerals, making them a nutritious addition to a balanced diet.

ENGAGEMENT TIPS



While mixing or whisking, let each student have a turn. Count "1-2-3-4-5 PASS!" to keep it moving. Remind students to use their wrists to control the tool and avoid spills.



Before juicing a lime or lemon, have every student roll it on the table 5 times to loosen the juice. In order to keep it moving, count "1-2-3-4-5 PASS!"



While zesting, make sure each student has a chance to use the zester. In order to keep it moving, count "1-2-3-4-5 PASS!" Counting out loud.

STAR TECHNIQUE: SQUEEZING

- Squeezing is when you take an ingredient and compress it so that its juices flow out
- What do you use to squeeze? Your hands or a juicer
- What types of food do you squeeze? Mainly fruits
- Why do we squeeze ingredients? We squeeze ingredients to get the juice. The juice can be consumed immediately, added into a recipe for flavor, or can provide moisture to the recipe!



COOKING PRO

When baking falafel, space is your friend! Leaving room between each falafel ball allows the hot air in the oven to circulate freely around them. This leads to even browning and a crispier outside without needing any extra oil. Crowding the pan traps steam, which can make the falafel soft instead of crunchy. A well spaced baking sheet equals a perfectly baked final product.

DEVELOPMENT

🕒 5-7 min

- As you are completing your first recipe, give the class a demonstration on how to use a can opener and drain/rinse chickpeas.
 - Not only are the chickpeas edible, but so is the liquid that comes in the can!
 - For this recipe, we can discard the liquid, however, it can be used as a vegetarian/vegan egg white substitute!
 - The liquid is high in protein, and when whisked and whipped together, it will froth up just like egg whites.
- Introduce the second recipe, Limonana Pudding. The dish originated in Israel, where it has become an iconic drink. The name "Limonana" is a combination of the Hebrew word for lemon ("limon") and the Arabic word for mint ("nana"). Limonana has gained popularity beyond Israel and is now enjoyed in various Mediterranean countries and Middle Eastern regions.
- Explain the star technique: Squeezing. Today we will be squeezing the lemon in the recipe to get its juice out.
- Explain and show students that if you roll the whole lemon on the table before cutting, it loosens up the content inside the lemon which will make juicing the lemon easier and it will produce more juice!
- Ask the students if they've ever juiced an ingredient before; was it with their hands, a hand held juicer, or a large, commercial machine?

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