

# LESSON 4:

## BLACK BEAN SLIDERS AND BLUEBERRY CHEESECAKE

### BLACK BEAN SLIDERS WITH RANCH DRESSING

Serving Size: 12 servings, 1 per student

#### Ingredients:

- 2 can of black beans (reserve 1 tbsp of liquid)
- 2/3 cup oats
- 1 lime, juiced
- 2 tsp chili powder
- 1 tsp salt
- 1 clove garlic
- 1/2 tsp black pepper
- 12 leaves of romaine lettuce (for "buns")
- 1 package shredded cheese
- Ranch dressing

#### PREP BEFORE CLASS:

Open can of black beans, pour liquid into a small mixing bowl and set aside. Preheat oven to 350 degrees and grease a cookie sheet.

#### Directions

- Add black beans, oats, lime juice, salt, pepper, and chili powder to large bowl.
- Mash beans together with the rest of the ingredients. If the mixture is not sticking together, add in 1 tbsp of the reserved black bean liquid until well combined.
- Add chopped garlic clove and continue to mix.
- Shape mixture into individual patties (about 1-2 inches wide) and place on greased cookie sheet.
- Bake for about 10 minutes and then take out, flip, and add cheese on top.
- Let bake for another 10 minutes so cheese melts.
- Serve the sliders in a leaf of romaine lettuce, and dollop of ranch dressing (if desired).
- Enjoy!

#### DID YOU KNOW?

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



SEE NEXT PAGE FOR  
SECOND RECIPE



# LESSON 4:

## BLACK BEAN SLIDERS AND BLUEBERRY CHEESECAKE

### BLUEBERRY CHEESECAKE

Serving Size: 12 servings, 1 per student

#### Ingredients:

##### Crust

- 1 1/2 sleeve Graham crackers (NUT FREE)
- 4 tbsp. (1/2 stick) unsalted butter, melted

##### Filling

- 12 oz cream cheese, room temperature
- 1/3 cup and 2 tbsp sugar
- 1 tsp. vanilla extract
- 1 cup blueberries (fresh or frozen)
- 1 1/2 cup whipping cream
- Graham cracker crumbs for garnish (NUT FREE)
- 12 cups for serving
- 6 small ziplock bags

#### PREP BEFORE CLASS:

Recommended, but optional: set oven to a low temperature; place butter and cream cheese in two separate bowls to soften on top of the oven to soften. If using metal bowls, place inside oven.

#### Directions

##### Crust:

1. Place Graham crackers inside zip locks and crush them. Pour crumbles into a mixing bowl and add melted or room temperature butter. Mix until well combined. Set aside

##### Filling

1. Have students add 1 cup whipping cream, vanilla extract and 1 tbsp. of sugar to the food processor and blend until whipped.
2. Have students take turns measuring and mixing together cream cheese and 1/3 cup sugar.
3. In a separate bowl, add 1 tbsp sugar into bowl of blueberries and have students squish to release the juice.
4. Fold in 1/2 cup of whipping cream into the cream cheese mixture. Save the rest for garnish.

##### Assembly

1. Press down graham cracker and butter mixture into a plastic cup to form a crust. Spoon cream cheese mixture on top of graham cracker crust.
2. Then add blueberry mixture and whipped cream.
3. Garnish with extra graham cracker crumbs. Enjoy!

#### DID YOU KNOW?

Legend has it that blueberry cheesecakes were fed to the athletes at the Olympic Games in Greece.



#### DID YOU KNOW?



Blueberries were called “star fruits” by North American indigenous peoples because of the five-pointed star shape that is formed at the blossom end of the berry.

# LESSON 4: ADDING HEAT

## OBJECTIVES

- Name a reason why people eat spicy food
- Identify a type of pepper
- Describe a use of chili peppers in cooking

## SHOPPING LIST

### Ingredients to buy:

- 12 leaves of romaine lettuce
- 1 lime, juiced
- 1 cup blueberries (fresh or frozen)
- 2 can of black beans
- 1 package shredded cheese
- Ranch dressing (optional)
- 1 ½ cup whipping cream
- 4 tbsp. (1/2 stick) unsalted butter
- 12 oz cream cheese, room temperature
- 2/3 cup oats
- 2 tsp chili powder
- 1 1/2 sleeve Graham crackers (NUT FREE)

### Ingredients in the bin:


- olive oil
- Salt and pepper
- vanilla
- sugar

## STAR INGREDIENT: CHILLI




- Chili peppers belong to the nightshade family and are native to the Americas.
- Chili peppers are widely used in cuisines around the world and are an essential ingredient in dishes like salsa, curry, and chili con carne
- Pain relief: Capsaicin in chili peppers can provide relief from pain by reducing the production of pain signals in the body.
- Source of vitamins: Chili peppers are rich in vitamins A and C, which are essential for maintaining healthy skin, boosting the immune system, and promoting overall well-being.
- Mood booster: Eating chili peppers can trigger the release of endorphins, which are natural chemicals in the body that promote feelings of pleasure and happiness.
- Digestive health: Chili peppers can aid digestion by increasing saliva production and stimulating the release of digestive enzymes.

## 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.
- Herbs and spices add flavor, aroma, and dimension to food - and they can add the element of heat as well. Do you like spicy food? Some people love it and some people can't take it.
- What are some spicy foods you know? What makes them spicy?

## DEVELOPMENT

 5-7 min

- Spicy food has a hot and fiery taste - but why? The spice that makes food spicy is called capsaicin, and it comes from certain plants like chili peppers.
- When you eat something spicy, it can make your mouth feel hot or tingly. Some people love the feeling, while others might find it a little too intense. The spiciness of food is measured using a scale called the Scoville scale. The Scoville scale tells us how spicy something is, with milder flavors having fewer Scoville units, and really spicy ones having a lot more.
- Now, why do people enjoy eating spicy food? Well, it's because eating spicy food can actually make us feel good! When we eat something spicy, our bodies release a chemical called endorphins. These endorphins can make us feel happy and give us a little bit of an adrenaline rush.

# LESSON 4: ADDING HEAT

## STAR TECHNIQUE: BAKING

- Baking is a method of cooking food that usually uses prolonged dry heat, such as in oven, but can also be done in a microwave.
- What types of foods do you bake? Bread, cookies, cakes, meats, lasagna, vegetables and fruits.
- How do you think baking in microwave will differ than oven? A microwave will bake faster, but the oven can make foods crispy.

## CHILLI USES

- Spicy dishes: Chili peppers are a staple ingredient in spicy dishes like chili con carne, curries, salsas, and hot sauces.
- Marinades and rubs: Chili peppers can be used in marinades and dry rubs for grilling or roasting meats and vegetables, adding heat and flavor.
- Seasoning: Ground chili powder or flakes can be used as a seasoning to add spice to various dishes like soups, stews, stir-fries, and Mexican cuisine.
- Condiments: Chili peppers can be used to make spicy condiments like salsa, hot sauce, chutney, or infused oils for drizzling over dishes.

## DEVELOPMENT (CONT.)

- Not all spice is created equal. Different spices have different levels of spice. Of course, it can be subjective. What you might think is too spicy, your friend might love. That's why we should be adventurous with foods and try new things to see what we like.



Bell peppers



Paprika



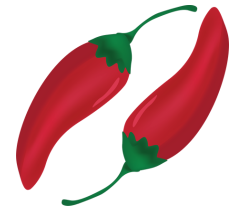
Cherry pepper



Jalapeno



Habenero



Ghost pepper

## 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