



LESSON 13:

HUMMUS QUESADILLAS & BEAN SALAD

HUMMUS QUESADILLAS

Ingredient	Students Per Class		
	10	15	20
Hummus:			
Chickpeas	1 can	1 1/2 cans	2 cans
Garlic cloves	2	3	4
Lemon juice	3 tbsp	4 1/2 tbsp	6 tbsp
Olive Oil	3 tbsp	4 1/2 tbsp	6 tbsp
Salt	1 tsp	1 1/2 tsp	2 tsp
Quesadillas: 			
Small tortillas	10	15	20
Spinach	1 cup	1 1/2 cups	2 cups
 grated jack cheese	1 cup	1 1/2 cups	2 cups
: Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Preheat the oven to 350°F. Foil and grease baking pan. Prepare food processor. Drain and rinse chickpeas

Directions:

1. Cut lemons into halves and have students squeeze the juice.
2. Have students measure and combine all ingredients for the hummus into the food processor and blend. Scrape down the sides as needed.
3. Have students assemble their quesadillas:
 - Spread hummus onto the tortillas
 - Add a handful of spinach to each tortilla
 - Add a few handfuls of shredded jack cheese to each tortillas
 - Fold each tortilla in half and place on baking sheet. bake for 10-15 minutes or until cheese is melted
4. Allow them to cool before serving. Cut each quesadilla into 3 portions. Pass out portions to students and enjoy!

DID YOU KNOW?


The word "quesadilla" comes from the Spanish word queso, meaning cheese, and was originally just a cheese-filled tortilla.



DID YOU KNOW?

Kidney beans get their name from their shape, which resembles a human kidney!

BEAN SALAD

Ingredient	Students Per Class		
	10	15	20
Olive Oil	2 tbsp	3 tbsp	1/4 cup
Apple Cider Vinegar	2 tbsp	3 tbsp	1/4 cup
Dijon Mustard	1/2 tsp	3/4 tsp	1 tsp
Honey	1/4 tsp	1/3 tsp	1/2 tsp
Salt	1/2 tsp	2/3 tsp	1 tsp
Garlic Clove	1	1.5	2
Red onion	1/2 small onion	3/4 small onion	1 small
Chickpeas	1/2 can	3/4 can	1 can
Kidney Beans	1/2 can	3/4 can	1 can
Celery ribs	1	1.5	2
Parsley	1/4 cup	1/3 cup	1/2 cup
 : Make sure it is Peanut, Nut, and Sesame FREE			

Directions:

1. Pass out cutting boards and knives to students. Have them cut the red onion into thin slices, dice the celery into small cubes, and chop the parsley.
2. Open the cans of beans; drain and rinse them.
3. Meanwhile, prepare the dressing: Have students measure and combine the olive oil, vinegar, mustard, honey, and salt in a bowl. Have a student chop or crush the garlic and add it to the dressing.
4. Combine the chopped veggies, rinsed beans, dressing, and add salt and pepper to taste.
5. Enjoy!

LESSON 13: SUPERFOOD BEANS

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh produce:

- Lemon
- Garlic cloves
- Small red onion
- Celery stalks
- Fresh parsley
- Spinach

Pantry Staples:

- Canned Chickpeas/Garbanzo beans
- Canned Kidney Beans
- Apple Cider vinegar
- Dijon Mustard
- Small tortillas (~5 inches) (NUT & SESAME FREE)

Ingredients in the bin:

- Olive Oil
- Salt
- Honey

Dairy:

- Shredded Monterey jack cheese


OBJECTIVES

- ☒ Understand the nutritional benefits of beans
- ☒ Learn about the different ways we can season food with herbs, salt and spices
- ☒ Explore new tasty recipes with other kinds of beans!

STAR INGREDIENT: CHICKPEA

- Chickpeas are one of the oldest cultivated crops in the world, dating back over 7,000 years!
- Packed with protein, fiber, and vitamins, chickpeas are a fantastic meat alternative for plant-based diets and can help keep you feeling full longer.
- Chickpeas are incredibly versatile – you can use them in savory dishes like hummus and curries or even in sweet treats like chickpea-based cookies and brownies!

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.
- Can anyone guess what dishes we may be making with the ingredients today? This week's recipe may be harder to guess, since all of these ingredients are so versatile!
 - Chickpeas, Kidney beans, Tortillas, Spinach, Lemon, Cheese, Parsley, Mustard
- Today we are making beans in two different ways! Hummus and bean salad.
 - Have you eaten these foods before? Do you like them?
 - Did you know that hummus was made from beans?
 - What are other ways you like to eat beans?

ENGAGEMENT TIPS



When opening the can of chickpeas, remind students the edges will be sharp. Be careful when draining, rinsing, or pouring into the food processor.



Before juicing the lemons, have each student roll on the table 5 times while counting "1-2-3-4-5 PASS!" Squeeze into a bowl so you can remove any seeds.



When students slice onion, dice celery, or chop parsley, reteach the bear claw technique for safe cutting. Check in often and encourage even pieces.

STAR TECHNIQUE: SEASONING

- Seasoning means adding herbs, spices, or other ingredients to food to make it taste better!
- What foods do you usually season?
 - Almost anything! Vegetables, meats, pasta, soups, and even snacks like popcorn can be seasoned.
- Why season?
 - Seasoning adds flavor, making food taste more exciting. Some seasonings can also bring out the natural flavors of ingredients



COOKING PRO: VERSATILITY



Try saving the liquid when you are draining chickpeas to make something new! The liquid in the canned chickpeas is called aquafaba, and is a very versatile ingredient. It can be whipped into a fluffy consistency just like egg whites. It's often used in vegan baking for meringues and mousses!

DEVELOPMENT

⌚ 5-7 min

- As you are completing the hummus discuss the Star Ingredient: Chickpeas!
 - Chickpeas give you long-lasting energy because they have a mix of protein and fiber, which keeps you full and helps you stay strong and active.
 - These little beans help your tummy work like a superhero sidekick! The fiber in chickpeas helps with digestion and keeps your gut happy.
 - Chickpeas have iron and folate, which help your brain grow and stay sharp—perfect for learning, playing, and being a super thinker!
- Talk about the Star Technique: Seasoning!
 - Seasoning makes food taste amazing! Salt, herbs, and spices bring out natural flavors, making foods like veggies taste extra yummy.
 - Many seasonings, like garlic, turmeric, and cinnamon, aren't just tasty—they also have superpowers! Some can help fight germs, boost your immune system, or even make your tummy feel better.
- What are some other superhero beans that you enjoy?
 - Black beans, pinto beans, lentils, edamame and white beans are other types that we eat in dips, chili, soups, pasta or on their own!
- Beans are total superfoods because they help our bodies in so many powerful ways!
- They provide super strength because they are packed with plant-based protein, which helps muscles grow strong—perfect for active kids.
- They give super stamina because they have complex carbohydrates, meaning they provide steady energy instead of causing a sugar crash.
- They act as gut guardians because they are full of fiber, which keeps tummies happy and helps with digestion.
- They are heart heroes because eating beans can help keep hearts strong by lowering “bad” cholesterol and keeping blood pressure in check.
- They are immune boosters because they contain iron, zinc, folate, and magnesium, which help keep the body strong and ready to fight off germs.
- Additionally, discuss the Cooking Pro fact described on the side.

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