

# fun + fabulous falafels + cool as a cucumber yogurt dip (Indian Raita)



## measure+toss

In a large bowl, have kids combine one **15 oz. can garbanzo beans** (drained) with **1 tsp salt** and **½ tsp ground black pepper**. Measure out **1 tsp ground coriander** and **¾ tsp ground cumin** and add to the bowl. Sprinkle **2 T of flour** (or substitute Pamela's Gluten Free Mix), over the garbanzo bean mixture. Toss together and set to the side.

## press+chop+squeeze

With a garlic press, squeeze **1 clove of garlic** into the Garbazon bean bowl. Chop up a **handfull of fresh parsley**, squeeze the **juice of 1 lemon** and dice up **1 small onion** and add to the bowl. Mix to combine well.

## mash

Mash the garbanzo bean mixture together either by using a hand potato masher or a food processor, making sure to mix ingredients together really well. **You want the result to be a thick (yummy!) paste.**

## roll+fry

Form the mixture into small balls, about the size of a ping pong ball (a perfect job for little hands). Slightly flatten the balls. **Grown Ups:** Fry in 2 inches of vegetable oil at 350 degrees until golden brown (2-5 minutes).

## grate+chop+tear

Using a cheese grater, have kids grate **1 English cucumber** into a large bowl. Have kids pick up the grated cucumber in their hands and squeeze out the excess liquid. Discard liquid and put the grated cucumber back into the bowl. Chop up **1 green apple** (with the skin on) into small chunks then tear up (with your fingers) a **handfull of fresh mint** into small bits and add to the cucumber.

## measure+press+chop+whisk

Have kids measure out **1 cup plain Greek style yogurt** and add to the cucumber mixture. Using a kitchen whisk, have kids take turns whisking the cucumber dip until smooth by counting to 5 in Spanish, French, Chinese or Swahili! Add salt and pepper to taste. **Serve your fabulous falafels + cool as a cucumber dip + with pita bread and Enjoy! YUM!**

## fun food facts:

**Garbanzo beans** (also known as chickpeas) have a delicious nutlike taste and buttery texture. They provide a concentrated source of fiber & protein.

**"Cool as a cucumber"** isn't just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air. Medium sized cucumbers with soft small seeds have better flavor. Cucumbers are 96% water. Cucumbers contain most of the vitamins you need every day.

**Why was the cucumber mad?** Because it was in a pickle!



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