



All-American Crispy CHICKpea Nuggets + Kid-Made Sweet Ketchup + Rad Ranch Dip

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Prep Time 25 / **Cook Time** 10 / **Serves** 4 - 6

Shopping List

☐ FRESH

☐ 1 lemon

☐ 1 tsp chopped fresh parsley OR 1/4 tsp dried parsley

☐ DAIRY AND EGGS

☐ 1 C shredded cheddar cheese ****(see allergy subs below)****

☐ 2 eggs ****(see allergy subs below)****

☐ 1/2 C plain Greek yogurt ****(see allergy subs below)****

☐ PANTRY

☐ 2 15-oz cans chickpeas (garbanzo beans) ****(see allergy subs below)****

☐ 1 1/2 C all-purpose flour ****(see allergy subs below)****

☐ 1 C panko bread crumbs ****(see allergy subs below)****

☐ 2 tsp salt

☐ 1 1/4 tsp ground black pepper

☐ 1 1/2 tsp garlic powder

☐ 1 1/4 tsp onion powder

☐ 1/2 C vegetable oil ******

☐ 1 6-oz can tomato paste ****(see allergy subs below)****

- ☐ 3 tsp honey
- ☐ 1/4 tsp granulated sugar, optional
- ☐ HAVE ON HAND
- ☐ 1/4 C water
- ☐ "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)
- ☐ 4 C water
- ☐ 2 C ice
- ☐ Choose 1 or more of the following fresh ingredients to flavor your water:
- ☐ 1 cucumber
- ☐ 1 lime
- ☐ 1 lemon
- ☐ 1 orange
- ☐ 1 mint sprig

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

mix: to thoroughly combine two or more ingredients until uniform in texture.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

mix: to thoroughly combine two or more ingredients until uniform in texture.

slice: to cut into thin pieces using a sawing motion with your knife.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- ☐ Medium bowl
- ☐ Can opener
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Small bowl
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Citrus squeezer (optional)
- ☐ Measuring cups
- ☐ Spoon for mixing
- ☐ Skillet
- ☐ Mixing bowls
- ☐ Cutting board
- ☐ Slotted spoon
- ☐ Pitcher
- ☐ Kid-safe knife

Ingredients

Kid-Made Sweet Ketchup

- ☐ 1 6-oz can tomato paste ****(Omit ketchup for NIGHTSHADE ALLERGY)****
- ☐ 3 tsp honey

- ☐ 1 pinch salt, to taste
- ☐ 2 T water + more if needed
- ☐ 1/4 tsp onion powder
- ☐ 1/4 tsp garlic powder

Rad Ranch Dip

- ☐ 1/2 C plain Greek yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt)****
- ☐ 1 lemon (for 1/4 tsp zest and 1 1/2 tsp juice)
- ☐ 1 tsp chopped fresh parsley or 1/4 tsp dried parsley
- ☐ 1/4 tsp garlic powder
- ☐ 1/4 tsp salt
- ☐ 1/4 tsp ground black pepper
- ☐ 4 tsp water
- ☐ 1/4 tsp granulated sugar, optional

All-American Crispy CHICKpea Nuggets

- ☐ 2 15-oz cans chickpeas, drained and rinsed ****(for LEGUME ALLERGY sub 3 C chopped cauliflower from 1 small cauliflower head)****
- ☐ 1 C shredded cheddar cheese ****(for DAIRY ALLERGY sub dairy-free/nut-free cheddar cheese shreds OR dairy-free/nut-free cream cheese)****
- ☐ 2 eggs ****(for EGG ALLERGY sub 4 T ground flaxseeds + 1 C warm water—more info below)****
- ☐ 1 1/2 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- ☐ 1 C panko bread crumbs ****(for GLUTEN ALLERGY sub gluten-free panko-style coating)****
- ☐ 1 1/2 tsp salt
- ☐ 1 tsp ground black pepper
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 1/2 C vegetable oil ******

"Water You Cooking Up?" Flavored Water

- ☐ 4 C water

☐ 2 C ice

☐ Choose 1 or more of the following fresh ingredients to flavor your water:

☐ 1 cucumber

☐ 1 lime

☐ 1 lemon

☐ 1 orange

☐ 1 mint sprig

Food Allergen Substitutions

Kid-Made Sweet Ketchup

Nightshade: Omit ketchup and use a different condiment, like Rad Ranch Dip (see recipe).

Rad Ranch Dip

Dairy: Substitute dairy-free/nut-free plain Greek yogurt.

All-American Crispy CHICKpea Nuggets

Legume: For 2 15-oz cans chickpeas, substitute 3 C chopped cauliflower from 1 small cauliflower head.

Dairy: Substitute dairy-free/nut-free cheddar cheese shreds OR dairy-free/nut-free cream cheese.

Egg: For 2 eggs, substitute 4 T flaxseeds + 1 C warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened. (Use half for the batter and half for brushing on the nuggets before coating with panko and cooking.)

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. Substitute gluten-free panko-style coating for panko bread crumbs.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

"Water You Cooking Up?" Flavored Water

Instructions

Kid-Made Sweet Ketchup

measure + whisk

Measure and combine all of the following ingredients in a medium bowl: **1 can tomato paste, 3 teaspoons honey, 1 pinch of salt, 2 tablespoons water, 1/4 teaspoon onion powder,** and **1/4 teaspoon garlic powder**. Whisk all the ingredients until well mixed. Add more water if the ketchup is too thick.

Rad Ranch Dip

tear + zest + juice

Tear **1 teaspoon of parsley leaves** into tiny bits and add the torn parsley to a small bowl. Next, wash and zest **1 lemon** (only the yellow part of the peel--avoid the bitter white 'pith'!) and add **1/4 teaspoon of lemon zest** to the parsley. Then, slice the lemon in half and squeeze out the juice. Watch for seeds! Add **1 1/2 teaspoon lemon juice** to the bowl.

measure + mix

Measure and add **1/2 cup Greek yogurt, 1/4 teaspoon garlic powder, 1/4 teaspoon salt, 1/4 teaspoon black pepper,** and **4 teaspoons water** to the bowl with the parsley and lemon. Use a spoon to mix! Taste! What does it need? Add more lemon, salt, pepper, or garlic powder a little at a time until your dip tastes great to you. Add **1/4 teaspoon of sugar** to balance flavors if you wish.

All-American Crispy CHICKpea Nuggets

intro

Do chicken nuggets really need an introduction? Probably not, but here's a little history in case you've never had a crispy, crunchy, golden-brown chicken nugget. Chicken nuggets were invented around 1963 by Robert C. Baker, an agriculture scientist at Cornell University. As part of his job, he created foods from all types of poultry, fish, pork, and beef. The chicken nuggets stood apart from the rest because they were the cheapest to make, easy to freeze and transport, and, above all, tasty! In the 1970s, people were concerned about the health risks of red meat and enjoying the rise of convenience foods, so they turned to poultry, and chicken nuggets quickly became the popular choice they remain today. Our Sticky Fingers Cooking version of the chicken nugget is meat-free and made with one of our favorite superstar foods: chickpeas! Let's jump in!

measure + mix

Start by measuring and mixing **2 cans of chickpeas, 1 cup shredded cheddar cheese, 1 egg, 1 1/2 cup flour, 1 1/2 teaspoon salt, 1 teaspoon black pepper, 1 teaspoon garlic powder,** and **1 teaspoon onion powder** in a large bowl. With clean hands, knead the dough by hand. This step is mainly to ensure the majority of the chickpeas are smooshed.

superstar food spotlight

Chickpeas are not only delicious but also packed with nutrients and beneficial qualities. Chickpeas are high in protein and fiber, which helps food move through the digestive tract more quickly and regularly. They are also a good source of calcium, magnesium, folate, vitamin B, and phosphorus! On top of that,

chickpeas can also help lower cholesterol!

shape + coat

Once the chickpea dough has come together, divide it into as many 2 tablespoon-sized balls as possible. Shape each dough ball into 'nugget' shapes. If you want to use a cookie cutter for bonus shaping fun, you can. Next, crack **1 egg** into a small bowl, whisk briefly, and brush each nugget with the egg before coating the nuggets in panko bread crumbs. Measure **1 cup panko** into a medium bowl. Then, place the nuggets into the bowl and gently toss them in the panko.

fry + cool

Heat up **1/2 cup vegetable oil** in the skillet over medium heat. Carefully place all the nuggets in the skillet and fry for at least 5 minutes or until a deep golden-brown color. Remove from the skillet with a slotted spoon and allow to cool before serving alongside the **Kid-Made Sweet Ketchup** and **Rad Ranch Dip**! Enjoy!

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

Featured Ingredient: Chickpeas!

Hi! I'm Chickpea!

"Hmmm, I think I would like you to call me a Chickpea, not a garbanzo bean. Aren't little chicks so cute! You're probably familiar with me if you've ever eaten hummus. It's made with chickpeas! I'm a cute little seed that, when you combine a bunch of us, we can provide an excellent source of protein in your diet!"

History & Etymology

Chickpeas are a high-protein legume and the main ingredient in many Middle Eastern and Mediterranean dishes. They may also be called garbanzo beans.

Evidence of domesticated chickpeas from about 9,500 years ago has been found in Turkey and the Levant (an area bordering the Mediterranean Sea in Western Asia).

The word "chickpeas" comes from the early 18th century, and earlier was "chiche-pease," which came from late Middle English "chiche," from the Middle French "pois chiche," from the Latin "cicer."

The word "garbanzo" is Spanish for "chickpea," and the word "hummus" is Arabic for "chickpea."

Anatomy

A chickpea is a round, yellow-tan seed that grows in pods on a legume plant that can grow from 8 to 20 inches high. One pod holds two to three seeds.

Chickpeas are grown around the world, and there are dozens of varieties, including a black one from southern Italy called "ceci neri."

How to Pick, Buy, & Eat

Chickpeas taste like a bean, but they also have a nutty flavor, and their texture, when cooked, is described as soft and creamy or buttery. For Middle Eastern dishes, dried chickpeas are often boiled and mashed to make hummus, or they are soaked and then ground into flour to make falafels.

You can add cooked or canned chickpeas to salads, roasted veggies, soups, stews, pasta, or rice dishes. You can also roast chickpeas and eat them as a snack. In the Middle East, roasted chickpeas are called "leblebi."

Nutrition

Chickpeas provide almost 9 grams of protein in a 3.5-ounce serving. They are available either dried or canned. Because they are high in protein, chickpeas are often added to animal and bird feed.

Chickpeas have loads of dietary fiber! So what is fiber good for? Smooth digestion! It helps the body absorb the vitamins and nutrients it needs to be strong and healthy.

Chickpeas are also good sources of folate (vitamin B9), manganese, phosphorus, and iron.