



Sweet and Savory Middle Eastern Hummus + Mosaic Bite-Sized Dippers

By Erin Fletter, Dylan Sabuco

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

Shopping List

☐ FRESH

☐ 1 cucumber

☐ 1 apple

☐ 2 celery stalks

☐ 1 red bell pepper ****(see allergy subs below)****

☐ baby carrots

☐ PANTRY

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

☐ 3 T olive oil + extra for toasting bread (optional)

☐ 1/4 C tahini ****(see allergy subs below)****

☐ 6 slices wheat bread or pita bread ****(see allergy subs below)****

☐ salt and ground black pepper

☐ SWEET ADD-INS FOR HUMMUS (kids choose!):

☐ cocoa powder ****, chocolate chips **, mashed banana, canned pumpkin, sugar/maple syrup/honey, cinnamon, ginger, nutmeg, lemon juice/zest**

☐ SAVORY ADD-INS FOR HUMMUS (kids choose!):

☐ minced garlic or garlic powder, lemon/lime zest or juice, salt, pepper, cumin, paprika ****, chili powder **, oregano, basil, cilantro**

- ☐ "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

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

plate: to arrange food beautifully on a plate or platter or in a bowl.

season: to add flavor to food with spices, herbs, and salt.

simmer: to cook a food gently, usually in a liquid, until softened.

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

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

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

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

- ☐ Blender (or food processor)
- ☐ Can opener
- ☐ Strainer

- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Spatula
- ☐ Medium bowl
- ☐ Skillet (if toasting bread)
- ☐ Mixing bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Pitcher
- ☐ Measuring cups

Ingredients

Sweet and Savory Middle Eastern Hummus

- ☐ 2 15-oz cans chickpeas ******(for LEGUME ALLERGY sub 2 pkgs cooked cauliflower + extra water—more info below)******
- ☐ 3 T olive oil
- ☐ 1/4 C tahini ******(Omit for SESAME ALLERGY or sub sunflower seed butter, if no other seed allergy present)******
- ☐ sweet add-ins (kids choose!):
 - ☐ cocoa powder ******, chocolate chips ******, mashed banana, canned pumpkin, sugar/maple syrup/honey, cinnamon, ginger, nutmeg, lemon juice/zest
- ☐ savory add-ins (kids choose!):
 - ☐ minced garlic or garlic powder, lemon/lime zest or juice, salt, pepper, cumin, paprika ******, chili powder ******, oregano, basil, cilantro

Mosaic Bite-Sized Dippers

- ☐ 6 slices wheat bread or pita bread ******(for GLUTEN ALLERGY sub gluten-free/nut-free bread or pita)******
- ☐ 2 T olive oil for toasting (toasting optional)
- ☐ salt and ground black pepper to taste
- ☐ 1 cucumber
- ☐ 1 apple

- ☐ 2 celery stalks
- ☐ 1 red bell pepper ******(Omit for NIGHTSHADE ALLERGY)******
- ☐ baby carrots

"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

Sweet and Savory Middle Eastern Hummus

Legume: For 2 15-oz cans chickpeas, substitute 2 pkgs cooked (previously frozen) cauliflower + extra water as needed to thin out the hummus.

Sesame: Omit tahini (made from sesame seeds) from hummus OR substitute sunflower seed butter, if no other seed allergy is present.

Chocolate: Omit optional cocoa powder and chocolate chips for optional add-ins OR substitute carob powder and carob chips.

Dairy/Nut/Soy: Omit chocolate chips for optional add-in OR use Enjoy Life chocolate chips.

Nightshade: Omit paprika and chili powder for optional add-ins.

Mosaic Bite-Sized Dippers

Gluten/Wheat: Substitute gluten-free/nut-free bread or pita.

Nightshade: Omit red bell pepper.

"Water You Cooking Up?" Flavored Water

Instructions

Sweet and Savory Middle Eastern Hummus

measure + blend

Drain **2 cans of cooked chickpeas**, reserving the liquid, and add them to a blender or food processor. Measure and add **3 tablespoons olive oil** and **1/4 cup tahini** and blend until smooth. Add some of the reserved chickpea liquid to thin out the hummus if needed.

create + mix

Scoop the hummus into one bowl or two separate bowls if making both sweet and savory versions. To make Sweet Hummus, add any combination of the following ingredients: mashed ripe banana, mashed canned pumpkin, chocolate chips, cocoa powder, cinnamon, nutmeg, ginger, lemon zest/juice, and sugar/honey/maple syrup! Taste as you go and have kiddos add more of any ingredient they choose. To make Savory Hummus, add any combination of the following: fresh minced garlic OR garlic powder, lemon/lime zest/juice, salt, pepper, paprika, cumin, chile powder, oregano, basil, and cilantro. Taste as you go and have kiddos add more of any ingredient they choose. Serve with **Mosaic Bite-Sized Dippers** and Sweet Spiced Ginger Tea!

Mosaic Bite-Sized Dippers

slice + toss + toast

Slice **6 bread slices** into thirds, then cut each third in half. If using pita bread, cut into bite-sized wedges. If toasting the bread, toss sliced bread or pita in a mixing bowl with **2 tablespoons of olive oil** or more and sprinkle with **salt and black pepper**. Heat a large skillet to medium, then toast the bread for 1 to 2 minutes on each side until golden brown.

slice + plate

Slice **1 cucumber**, **1 apple**, **2 celery stalks**, and **1 red bell pepper** into bite-sized pieces. Arrange on a plate with a handful of **baby carrots** and **toasted bread dippers** and serve with **Sweet and Savory Middle Eastern Hummus**!

"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.

