



Chopped Rainbow Salad

By Erin Fletter

Prep Time 15 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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

chop: to cut something into small, rough pieces using a blade.

dice: to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

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

Equipment

- ☐ Large salad bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Stand blender or immersion blender (optional)
- ☐ Grater (optional)
- ☐ Can opener
- ☐ Tongs or salad servers

Ingredients

Chopped Rainbow Salad

- ☐ Vinaigrette
- ☐ 1 medium shallot
- ☐ 1/4 C red wine vinegar
- ☐ 1/2 C extra-virgin olive oil
- ☐ 1 T honey
- ☐ 1/2 tsp salt
- ☐ 1 pinch ground black pepper
- ☐ Salad
- ☐ 1 romaine lettuce heart
- ☐ 1/2 red cabbage head
- ☐ 2 large Fuji apples
- ☐ 1 pear
- ☐ 2 carrots
- ☐ 2 celery stalks
- ☐ 1 handful cherry tomatoes
- ☐ 8 oz provolone cheese **(Omit for DAIRY ALLERGY or sub dairy-free/nut-free cheese, like Daiya brand)**
- ☐ 1 handful dried currants
- ☐ 1/2 15-oz can chickpeas (garbanzo beans), drained

Food Allergen Substitutions

Chopped Rainbow Salad

Dairy: Omit provolone cheese or substitute dairy-free/nut-free cheese, like Daiya brand.

Instructions

Chopped Rainbow Salad

dice + pour + whisk

Let's make the vinaigrette first! Have kids dice **1 medium shallot** into very small pieces and add them to your biggest salad bowl. Next, have kids measure and add **1/4 cup red wine vinegar**, **1/2 cup olive oil**, and **1 tablespoon honey** to the shallots. Add **1/2 teaspoon of salt** and **1 pinch of black pepper** and whisk everything together until nice and thick. Add more salt and pepper to taste as you wish. Let the dressing sit in the bowl while you make the rest of the salad to let the flavors marry (i.e., get all yummy!).

tip

If your kids have a difficult time getting the shallots into small bits, you can add all of the salad dressing ingredients to your blender and blend on high until creamy and thick, then add the dressing to the bottom of the big salad bowl!

chop + chop + sprinkle

Now, it's salad time! Have kids chop **1 romaine lettuce heart**, **1/2 red cabbage head**, **2 large Fuji apples**, **1 pear**, **2 carrots**, **2 celery stalks**, **1 handful of cherry tomatoes**, and **8 ounces provolone cheese**. Add everything to the big salad bowl. Sprinkle **1 handful of dried currants** and **1/2 can of drained chickpeas** (garbanzo beans). Toss the salad together with the vinaigrette at the bottom of the salad bowl and enjoy!

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.