



Unalii Friendly Fry Bread Bites

By Dylan Sabuco

Prep Time 5 / **Cook Time** 15 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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

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

stir-fry: to cook meat, fish, or vegetables rapidly over high heat while stirring briskly—used in Asian cooking.

Equipment

Ingredients

Unalii Friendly Fry Bread Bites

- ☐ 1/2 12-oz can black beans, drained
- ☐ 1/2 tsp dried thyme
- ☐ 1/2 C water
- ☐ 1 tsp salt
- ☐ 1 T honey or white sugar
- ☐ 4 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free flour)****
- ☐ 3 tsp baking powder
- ☐ 1/3 C vegetable oil

Food Allergen Substitutions

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Gluten/Wheat: Substitute gluten-free flour for all-purpose flour in Bread Bites.

Instructions

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measure + blend

Add **1/2 can of black beans** to a large mixing bowl. Measure and add **1/2 teaspoon thyme, 1/2 cup water, 1 teaspoon salt**, and **1 tablespoon honey** to the bowl of beans. Blend this mixture until smooth.

measure + mix + knead

In a separate bowl, measure and combine **4 cups flour** and **3 teaspoons baking powder**. Combine the flour mixture with the wet ingredients. As you stir, a dough will start to form. Once the dough has formed a large ball, sprinkle it with a bit of flour and knead for 5 minutes.

divide + bake

Pour **1/3 cup of vegetable oil** into a large skillet. Turn the heat to medium. While the oil heats up, divide the dough into as many 2 tablespoon-sized balls as possible. Lightly flatten the balls into disks and carefully lay them into the hot oil using a spatula. Don't overcrowd the pan with too many pieces of bread. Cook on each side for 4 to 5 minutes or until golden brown. If the oil begins to smoke, remove the pan from the heat and cool the oil down before continuing. Serve these tasty treats alongside the Giving Thanks First Nations Three Sisters Skillet Casserole (see recipe)!

Featured Ingredient: Black Beans!

Hi! I'm Black Bean!

"My full name is "black turtle bean" because of my hard outer shell, but you can just call me "black bean." I'm a variety of common bean, although I'm anything but common! I bring a distinctive shiny look, sweet taste, and meaty texture to Latin American, South Asian, Cajun, and Creole cuisines."

History

Globally, there are 13,000 known varieties of beans. They include the white bean, like the Italian Cannelini, Great Northern, and Navy Bean; the black turtle bean (usually shortened to black bean); and the pinto bean. What kind of beans are you using today?

Beans were one of the first foods gathered, according to archaeologists. Our hunter-gatherer ancestors

used beans as food tens of thousands of years ago. They were grown around 7,000 years ago in the Middle East.

In ancient Greece, public officials were elected if they picked the single white bean from a bunch of black beans.

In the 15th century, Spanish explorers brought beans to Europe when they returned from voyages to the New World. Then, Spanish and Portuguese traders took them to Africa and Asia to sell.

Beans are now prevalent worldwide, primarily due to their use as an inexpensive, plant-based protein.

Today, the largest commercial producers of common dried beans are India, China, Indonesia, Brazil, and the United States.

North Dakota grows forty percent of the beans in the US, more than any other state!

Brazil grows the most beans in the world.

In Nicaragua, newlyweds are given a bowl of beans for good luck.

Anatomy & Etymology

Did you know: Beans are technically a fruit!

Beans are legumes, so they have seeds that dry in the seed pod. Other legumes include lentils, peas, peanuts, and soybeans.

Beans plants leave the soil better and healthier than before they were planted. Most plants deplete the soil, but not beans. This is because they have nodules on their roots that add nitrogen, which the soil needs.

The world's tallest bean plant was over 45 feet tall! That's the equivalent of three average-sized giraffes stacked on top of one another. The plant was grown in the USA in 2003.

The word "bean" was first used before the 12th century. It comes from the Old English "bēan," from the Proto-Germanic "bauno," and is related to the Dutch "boon" and German "Bohne."

How to Pick, Buy, & Eat

Beans are harvested at full maturity when their pod reaches about six inches long, and the leaves turn brown and fall off about 75 days after the beans are planted.

When harvested, the shells are broken open, and the beans are collected as long as they are dry. If they're not thoroughly dried, they can be hung up to finish drying before they're popped from their shells.

We can't eat raw, uncooked beans. Why? Because beans have something called lectins that are poisonous, and the only way to remove most of these lectins is to cook the beans.

If you're using dried beans, soak them before cooking to remove "antinutrients," compounds that block the absorption of nutrients.

Dried beans are generally available in prepackaged containers as well as bulk bins; both canned and dried beans are available throughout the year.

Canned beans can stay fresh for years!

Combine the creamy texture of beans with a whole grain such as brown rice, and you have a virtually fat-free high-quality protein meal.

Beans are made into burgers, dips, brownies, cakes, dips, fudge, muffins, pies, and drinks (coffee and cocoa beans). They can also be used in jewelry, toys, and musical instruments. "Bean bag chairs" are made with polystyrene "beans," but the small bean bags for play are sometimes made with real dried beans.

Nutrition

Beans are complex carbohydrates and high in fiber, which keeps our digestion strong and smooth and our tummies happy.

Beans are excellent sources of iron, magnesium, and potassium. The body needs these minerals to grow, develop, and stay healthy.

Beans supply several B vitamins to our diet, especially folate (B-9). These vitamins contribute to healthy brain function, formation of red blood cells, increased energy, and decreased cancer and cardiovascular disease risk.

The fiber and protein in beans are good for stabilizing blood sugar. They are popular with vegans and vegetarians because they replace some of the nutrients found in meat.

Beany Expressions:

Bean counter = an accountant

Bean pole = describing someone tall and thin

Cool beans = when something is cool

It doesn't amount to a hill of beans = when something doesn't add up to much

Full of beans = full of energy, enthusiasm

Hasn't got a bean = doesn't have any money

Not worth a bean = not worth anything

Spill the beans = dish the dirt, tell the truth