



## **No-Cook: Chopped Rainbow Salad + "The Bee's Knees" Smoothie**

By Erin Fletter

**Prep Time 20 / Cook Time 0 / Serves 4 - 6**

### **Shopping List**

FRESH

1 medium shallot

1 romaine lettuce heart

1/2 red cabbage head

2 large Fuji apples

1 pear

2 carrots

2 celery stalks

1 handful cherry tomatoes

1 lemon

DAIRY

8 oz provolone cheese **\*\*(see allergy subs below)\*\***

1 C milk **\*\*(see allergy subs below)\*\***

1/2 C heavy cream **\*\*(see allergy subs below)\*\***

PANTRY

1/4 C red wine vinegar

1/2 C extra-virgin olive oil

3 T honey

- 1/2 tsp salt
- 1 pinch ground black pepper
- 1 handful dried currants
- 1/2 15-oz can chickpeas (garbanzo beans)
- HAVE ON HAND
- 1/2 C ice cubes

## Fun-Da-Mentals Kitchen Skills

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

**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.

**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).

**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.

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

**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

- Blender (or pitcher + immersion blender)
- Zester (or grater with small zesting plate/side)
- Cutting board
- Kid-safe knife
- Small bowl
- Citrus squeezer (optional)
- Liquid measuring cup

- Measuring spoons
- Large salad bowl
- 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

## "The Bee's Knees" Smoothie

- 1 lemon
- 1 C milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- 1/2 C heavy cream **\*\* (for DAIRY ALLERGY sub coconut cream OR dairy-free/nut-free heavy cream)\*\***
- 2 T honey
- 1/2 C ice cubes

## Food Allergen Substitutions

### Chopped Rainbow Salad

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

## "The Bee's Knees" Smoothie

**Dairy:** Substitute dairy-free/nut-free milk. Substitute coconut cream OR dairy-free/nut-free heavy cream.

## 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!

## "The Bee's Knees" Smoothie

wash + zest + slice

Wash **1 lemon** and zest the yellow lemon peel (avoid the bitter white pith). Then, slice the lemon in half.

juice + measure

Squeeze the juice from **1/2 lemon** into a small bowl, remove any seeds, and pour the juice into a blender (or pitcher for use with an immersion blender). Measure and add **1 cup milk, 1/2 cup heavy cream,** and **2 tablespoons honey** to the blender.

blend + serve

Put the lid on the blender and blend until well combined. Add **1/2 cup of ice cubes**, put the lid on again, and blend until smooth. 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.