



No-Cook: Turkish Apricot Garbanzo Olive Salad + Turkish Delight Smoothies

By Erin Fletter

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

Shopping List

☐ FRESH

☐ 1 large shallot

☐ 1 lemon

☐ 1 small handful fresh parsley

☐ 1 banana

☐ DAIRY

☐ 2 C orange juice

☐ 1 C plain yogurt, optional ****(see allergy subs below)****

☐ PANTRY

☐ 1 6-oz pkg dried apricots (Turkish or Mediterranean)

☐ 2 T extra virgin olive oil

☐ 3 1/2 T vinegar

☐ 1/2 tsp salt

☐ 1 pinch ground black pepper

☐ 2 T + 1/4 tsp sugar or honey

☐ 10 Kalamata olives

☐ 1 15-ounce can garbanzo beans (chickpeas) ****(see allergy subs below)****

- ☐ pita bread or chips, optional ****(see allergy subs below)****
- ☐ 1 dash ground cinnamon, optional
- ☐ 1 dash ground nutmeg, optional
- ☐ 1 tsp pure vanilla extract, optional ****(see allergy subs below)****
- ☐ HAVE ON HAND
- ☐ 10 ice cubes

Fun-Da-Mentals Kitchen Skills

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

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

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

mince: to chop into teeny tiny pieces.

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

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.

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

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

Equipment

- ☐ Salad bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Can opener

- ☐ Colander or strainer
- ☐ Large spoon or salad tongs
- ☐ Blender (or pitcher + immersion blender)
- ☐ Liquid measuring cup

Ingredients

Turkish Apricot Garbanzo Olive Salad

- ☐ Vinaigrette:
 - ☐ 1 large shallot
 - ☐ 1/2 lemon, juiced
 - ☐ 2 T extra virgin olive oil
 - ☐ 3 1/2 T vinegar
 - ☐ 1/2 tsp salt
 - ☐ 1 pinch ground black pepper
 - ☐ 1/4 tsp sugar or honey
- ☐ Salad:
 - ☐ 6 dried apricots (Turkish or Mediterranean)
 - ☐ 1 small handful fresh parsley
 - ☐ 10 Kalamata olives
 - ☐ 1 15-ounce can garbanzo beans (chickpeas), drained and rinsed ****(for LEGUME ALLERGY sub 1 1/2 C chopped cucumber OR raw mushrooms)****
 - ☐ pita bread or chips, optional ****(for GLUTEN ALLERGY sub gluten-free/nut-free bread or chips)****

Turkish Delight Smoothies

- ☐ 2 C orange juice
- ☐ 1 large handful dried apricots (Turkish or Mediterranean)
- ☐ 1 banana
- ☐ 1 C plain yogurt, optional ****(for DAIRY ALLERGY sub 1 C dairy-free/nut-free plain yogurt)****
- ☐ 2 T sugar or honey

- ☐ 10 ice cubes
- ☐ 1 dash ground cinnamon, optional
- ☐ 1 dash ground nutmeg, optional
- ☐ 1 tsp pure vanilla extract, optional ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******

Food Allergen Substitutions

Turkish Apricot Garbanzo Olive Salad

Legume: For 1 15-ounce can garbanzo beans (chickpeas), substitute 1 1/2 C chopped cucumber OR raw mushrooms.

Gluten/Wheat: For optional pita bread or chips, substitute gluten-free/nut-free bread or chips.

Turkish Delight Smoothies

Dairy: For 1 C plain yogurt, substitute 1 C dairy-free/nut-free plain yogurt.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Turkish Apricot Garbanzo Olive Salad

intro

Turkey is the largest producer of apricots, which is the country's national fruit. About 90 percent of the dried apricots in the grocery store are Turkish (Mediterranean). Garbanzo beans (chickpeas) were first cultivated in Turkey 9,500 years ago.

mince + squeeze

Have your kids mince **1 large shallot** into tiny, tiny bits and add it to a salad bowl. Slice 1 Squeeze the juice of **1/2 lemon** on top of the shallots.

measure + whisk

Into the bowl with the shallots, have your kids measure and whisk together **2 tablespoons olive oil**, **3 1/2 tablespoons vinegar**, **1/2 teaspoon salt**, **1 pinch of black pepper**, and **1/4 teaspoon sugar or honey**. This is the dressing for the salad.

chop + tear + slice

Have your kids chop **6 dried apricots** into small pieces. Next, tear **1 small handful of parsley leaves** and slice **10 Kalamata olives**. Add everything to the salad bowl with the vinaigrette.

drain + add + toss

Drain and rinse **1 can of garbanzo beans** and add them on top of the apricots and olives. Toss the salad together and let it sit. The longer it sits, the better. Serve the salad at room temperature or slightly warm with pita bread or crackers on the side. "Afiyet olsun" (AH-fee-yet ohl-sun) or "Enjoy your meal" in Turkish!

Turkish Delight Smoothies

measure + add

Into your blender (or pitcher for use with an immersion blender), have your kids measure and add (in this order) **2 cups orange juice**, **1 large handful dried apricots**, **1 banana**, **1 cup yogurt**, **2 tablespoons sugar**, and **10 ice cubes**. If using, add optional **1 dash of cinnamon**, **1 dash of nutmeg**, and **1 tsp of vanilla extract**.

blend + count

Blend until everything is well mixed, icy, and smooth. Count to 10 in Turkish while blending: 1 bir (beersh), 2 iki (EE-keeh), 3 üç (ooch), 4 dört (dort), 5 beş (besh), 6 altı (AHL-tih), 7 yedi (YEH-dee), 8 sekiz (SEH-kiz), 9 dokuz (DOH-kooz), 10 on (ohn). Pour into cups and enjoy!

Featured Ingredient: Apricots!

Hi! I'm Apricot!

"I'm from the same family as the peach and kind of look like one, but I'm smaller with more velvety than fuzzy skin. I'm also a little less sweet and more tart, but when you cook apricots, that's where we shine!"

History & Etymology

The most common apricot cultivar was thought to have originated in ancient Armenia, where its scientific name, *Prunus armeniaca*, came from. However, genetic studies have found it was first domesticated in Central Asia and China. It then spread to South Asia, West Asia (including Armenia), Europe, North Africa, and Japan.

Turkey is the largest producer of apricots worldwide, at over 850,000 tons per year. The United States, in comparison, produces a little over 40,000 tons, with almost 75 percent grown in California.

Apricots are the national fruit of Armenia, grown primarily in the Ararat plain, which is shared with Turkey. US astronauts ate dried apricots on the Apollo 15 and 17 moon missions.

The word "apricot" comes from the mid-16th century French "abricot," from the Spanish "albaricoque," from the Spanish Arabic "al + barquq" ("the plums").

Anatomy

Apricot trees (*Prunus armeniaca*) are from the Rosaceae family, including roses, apples, peaches, pears, plums, cherries, raspberries, and strawberries.

The trees grow from 26 to 39 feet tall. The fruit is orange and is one-half to one inch in diameter. Its appearance resembles a small peach, and its skin may be smooth or velvety.

The fruit of the apricot tree is a drupe or stone fruit, like almonds, cherries, nectarines, olives, and peaches. A drupe has an outer fleshy part with a thin skin and a stone (also called pip or shell) in the center surrounding the seed or kernel.

A positive consequence of the hard stones in apricots is to protect people from ingesting the toxic kernel inside.

How to Pick, Buy, & Eat

Depending on the variety, apricots are picked when fully ripe, between June and August. After they are harvested, they can be stored in a cool place for one to three weeks.

Commercially processed apricots are mostly canned, dried, frozen, or made into jams, jellies, and preserves.

Store ripe apricots in your refrigerator's crisper bin for one to two days. To ripen firm apricots, place them in a closed paper bag at room temperature.

Fresh apricots can be eaten as a snack or cooked and made into jams and preserves. Fresh apricots and preserves are added to cookies, pies, cakes, and other desserts.

Dried apricots retain many nutrients and are a sweet and tasty snack.

Nutrition

Raw, fresh apricots are a moderate source of vitamin A, beta-carotene, and vitamin C.

Vitamin A helps you see in the dark and makes your skin healthy. The deeper the color, the more beta-carotene apricots have and the better they are for you. Vitamin C helps boost the immune system.

Due to the concentration of nutrients, dried apricots are rich sources of vitamins A and C and potassium. However, dried apricots contain more than five times more sugar than fresh apricots.