

KIDS CLUB

NEWSLETTER

Welcome to week 11 of our ChopChop Kids Club newsletter! (If you missed the last one, it's [here](#).) This week we're focusing on chickpeas. "Chickpeas" and "garbanzo beans" are two different names for the same thing, so don't get confused if you see both on the label of a can. Chickpeas are a member of the legume family, which includes peanuts, lentils, peas, and beans such as black, white, kidney, and pinto. They're full of protein and nutrients, so they give you lots of energy. Plus, you can eat chickpeas so many ways: in salads, roasted for a snack, and in curries and stews. This week, we're using them in our recipe for Classic Hummus.



Classic Hummus

Making your own hummus is easy and quick—and, best of all, you can tweak it to make it however you like best. See our suggestions below, or come up with your own variations! Put it in a sandwich, top a salad with a scoop, or serve it as a dip with cut-up raw vegetables or pita chips.

■ HANDS-ON TIME: 15 MINUTES ■ TOTAL TIME: 15 MINUTES ■ MAKES: 2 CUPS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Can opener
Strainer or colander
Food processor or blender (adult needed)
Measuring cups
Measuring spoons

INGREDIENTS

- 1 (15-ounce) can chickpeas, drained and rinsed well
- 1 garlic clove, peeled and sliced (or $\frac{1}{4}$ teaspoon garlic powder)
- $\frac{1}{2}$ cup tahini (sesame paste) or your favorite nut butter (or another $\frac{1}{4}$ cup olive oil)
- 1 teaspoon kosher salt
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup fresh lemon juice
- 2 tablespoons warm water, or more if needed

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

1. Put the chickpeas and garlic in the bowl of a food processor and process until the chickpeas are finely chopped.
2. Add the tahini or nut butter, salt, and cumin and process until combined.
3. Add the oil, lemon juice, and water and process until it is silky-smooth. Add an extra tablespoon of water if it's not as smooth as you like. Now taste the hummus: Does it need another pinch of salt or squeeze of lemon? If so, add it and then taste again. Serve right away or cover and refrigerate up to 4 days.



GET CREATIVE

- **Make it Olive-y:** Add 2 tablespoons chopped green or black olives.
- **Make it Citrusy:** Add the grated zest of 1 lemon, lime, or orange.
- **Make it Tangy:** Add 1 chopped roasted red bell pepper.
- **Make it Spicy:** Add 1 chopped jalapeño or 1 teaspoon hot sauce.

OR ELSE

No food processor? No problem! You can make this recipe in a blender, though you may need to stop the blender once or twice and carefully loosen the ingredients with a spoon or spatula. You can also make it by hand, using a mortar and pestle, if your family has one.



DO YOU HAVE MORE CHICKPEAS?

Try one of these recipes.

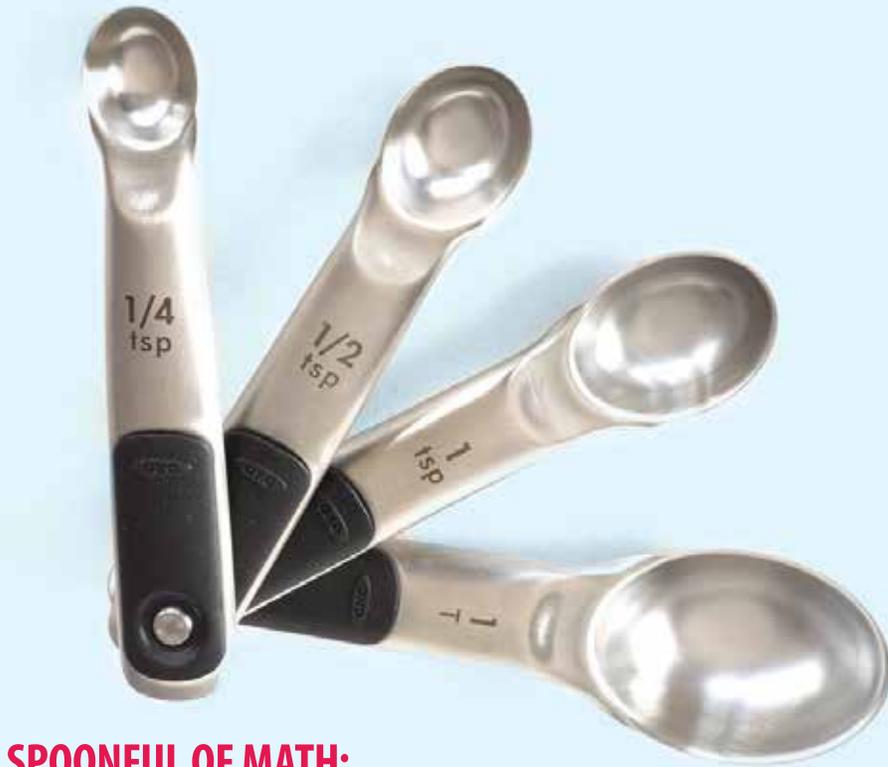
- **Any-Bean Dip** www.chopchopfamily.org/recipe/any-bean-dip
- **Roasted Chickpeas** www.chopchopfamily.org/recipe/roasted-chickpeas
- **Roasted Falafel Chickpeas** www.chopchopfamily.org/recipe/roasted-falafel-chickpeas
- **Chickpeas with Spinach** www.chopchopfamily.org/recipe/chickpeas-with-spinach
- **Garbanzo Bonanza Salad** www.chopchopfamily.org/recipe/garbanzo-bonanza-salad

◀ **Garbanzo Bonanza Salad**

WORDPLAY: DIFFERENT WORDS FOR THE SAME THING

What's the difference between chickpeas and garbanzo beans? Nothing! Either word can be used for the main ingredient in our hummus recipe. "Garbanzo" is the Spanish term (from the Old Spanish *arvanço*) and "chickpea" is the English term (from the Latin *cicer*). It's fairly common in English to have different words that mean the same thing. The words people use often depend on where they grew up, or where their parents grew up. Sometimes it can get pretty confusing if you're calling your sandwich a "hoagie" and someone else is calling it a "hero," or if you want to make "pancakes" but only see "flapjacks" in your cookbook! Below is a list of things that can be identified by more than one word. Can you and your family think of the synonyms (words that mean the same thing)?

Soda	_____
Lightning bug	_____
Couch	_____
Water fountain	_____
Sprinkles (on ice cream)	_____
Dinner	_____



SPOONFUL OF MATH: USING TEASPOONS AND TABLESPOONS

When cooking, we use different tools for determining amounts: measuring cups and measuring spoons. Measuring cups are used for larger amounts and measuring spoons are used for smaller amounts. Our hummus recipe uses two sizes of measuring cups and a few different measuring spoons.

- Measuring spoons are divided into fractions of tablespoons and teaspoons—usually $\frac{1}{4}$ teaspoon, $\frac{1}{2}$ teaspoon, 1 teaspoon, and 1 tablespoon.
- Tablespoons are abbreviated "T" or "TBSP" on the spoon and are bigger than teaspoons (there are 3 teaspoons in 1 tablespoon). Teaspoons are abbreviated "tsp" on the spoon.
- Measuring spoons can be used for dry or liquid measurements. Level off dry ingredients on a measuring spoon the same way you would on a measuring cup, by swiping the back of a butter knife across the top.

Use the information above and your math skills to answer the following questions.

1. You are making hummus and need 2 tablespoons of water. But your tablespoon is dirty, so you can only use your teaspoon. How many teaspoons of water would you need?
2. You need to measure $\frac{1}{2}$ teaspoon of cumin. If you can't find your $\frac{1}{2}$ teaspoon measuring spoon and can only use your $\frac{1}{4}$ teaspoon measuring spoon, how many times would you need to fill it up?
3. This recipe requires 1 teaspoon of kosher salt. Now how many times would you need to fill up your $\frac{1}{4}$ teaspoon measuring spoon?

WHERE IN THE WORLD?

Hummus is Arabic for "chickpeas," and it's eaten all across the Middle East, as well as in Turkey and Greece. Use a map and match each country in the Middle East (on the left) to its capital city (on the right).

1. Egypt	a. Amman
2. Greece	b. Ankara
3. Iran	c. Athens
4. Iraq	d. Baghdad
5. Israel	e. Beirut
6. Jordan	f. Cairo
7. Lebanon	g. Jerusalem
8. Libya	h. Riyadh
9. Saudi Arabia	i. Tehran
10. Turkey	j. Tripoli

KITCHEN SKILL: HOW TO USE A COLANDER TO RINSE CANNED BEANS

A colander is a metal or plastic bowl with holes in it to let liquid drain out. Colanders are used to drain liquids (usually water) from boiled food, such as pasta or beans.

1. Pour the can of beans into the colander and rinse with cold running water. Stop rinsing when the water runs clear.
2. Gently shake the colander to help the water drain.



GAME: BEAN THERE, DONE THAT

This is a fun game to play with family or friends to get to know them better. Sit in a circle with a pile of dried beans (or pennies or other small objects) in the middle. The first person to go thinks of something that they imagine someone else in the circle might have done, such as go to a baseball game, visit a science museum, or hike to a waterfall. They ask out loud, "Have you ever been to a baseball game?" Everyone who has been to a baseball game says, "Bean there, done that!" and takes a dried bean from the center of the circle. Each person who took a bean can then take a moment to share a memory about their experience at the baseball game. Then, the next person asks a question. At the end you can see who has the most beans. But that doesn't really matter! What matters is that you learn what you have in common and get to share your stories.

BEAN BONANZA

Like chickpeas, beans are a kind of legume, a food that is packed with fiber and protein. Beans are super versatile, which means they can be used in lots of things, like soups, salads, and dips. You can buy dried beans that need to be cooked, or canned or frozen beans that have already been cooked.

Lots of people think that they need to eat meat to get protein, but beans are a great source of protein. Plus, there are so many kinds of beans to choose from, so if you don't like the taste of one, you can always try another. There are more kinds of beans than we could fit on this page, but here are a few of our favorites.



We love to eat **black beans** with corn, but they're also great in soups. You'll find black beans in a lot of South American and Central American food like burritos. You can also make black bean burgers for a delicious meat-free meal.



Black-eyed peas got their name because they are white with a black spot that looks like an eye. These beans are popular in the Southern United States and are often served with ham. There is a tradition of eating black-eyed peas on New Year's Day for good luck in the coming year.



Cannellini beans (or white kidney beans) are beige and creamy. They are popular in Italian food. You may have eaten them in minestrone soup.



Kidney beans are reddish-brown and shaped like a human kidney (which is how they got their name!). Kidney beans are great in chili and with rice.

Grow a Chickpea Plant

You probably won't harvest any chickpeas (potted bean plants don't tend to live that long) but chickpea plants are easy and fun to grow, and they make a nice houseplant! You'll need to start with dried chickpeas, which are sold in bags at the supermarket.

WHAT YOU NEED

1 small flower pot (Or 1 clean, empty can. Ask an adult to use a hammer and nail to bang 2 or 3 drainage holes into the bottom of the can and, if the edge is sharp, wrap it with duct tape.)

Saucer

Potting soil

Water

3 or 4 dried chickpeas

Plastic bag

INSTRUCTIONS

1. Put your container on the saucer and fill it two-thirds full with potting soil. If the potting soil is dry, water it until it feels moist to the touch.
2. Space the chickpeas out over the soil and cover them with $\frac{1}{2}$ inch of soil.
3. Water the soil until it is moist.
4. Cover the container with a plastic bag (to keep the moisture in) and put it somewhere warm. Make sure the soil stays moist.
5. After the seeds sprout, in 3 or 4 days, remove the bag and put the container somewhere sunny and warm. Keep the soil moist, and enjoy your plant!



**DID
YOU
KNOW?**

To "spill the beans" means to tell a secret.

Ohio's SNAP-Ed and EFNEP Programs

SNAP-Ed

Ohio's Supplemental Nutrition Assistance Program - Education is a nutrition education program serving low-income adults and youth throughout Ohio. It is a partnership between the Ohio Department of Job and Family Services and Ohio State University Extension. Its goal is to improve the likelihood that families and individuals who receive food assistance benefits (SNAP benefits) make healthy food choices and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

SNAP-Ed programming focuses on Diet Quality including promotion of Physical Activity, Food Safety, and Food Resource Management. The dissemination of nutrition education is mainly achieved by classes which are scheduled throughout Ohio and in 88 counties.

Participants learn to select fruits and vegetables, whole grain, and low-fat dairy products for a healthy diet; to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. In FY18, SNAP-Ed reached 436,272 adult and youth participants.

EFNEP

The Ohio Expanded Food and Nutrition Education Program serves limited resource adults who care for children in their homes as well as limited-income youth. The program utilizes interactive discussions and activities to guide participants through a series of community based workshops aimed at improving diet quality, food safety and physical activity. Adult participants also gain skills in food preparation and managing their food budgets. Youth programming is conducted in classrooms, after school programs or camps, and summer food feeding sites. During FY18, Ohio EFNEP reached 2,840 adult and 7,228 youth participants, with a total reach of 10,128 family members. The program is free and offered in 18 Ohio counties.



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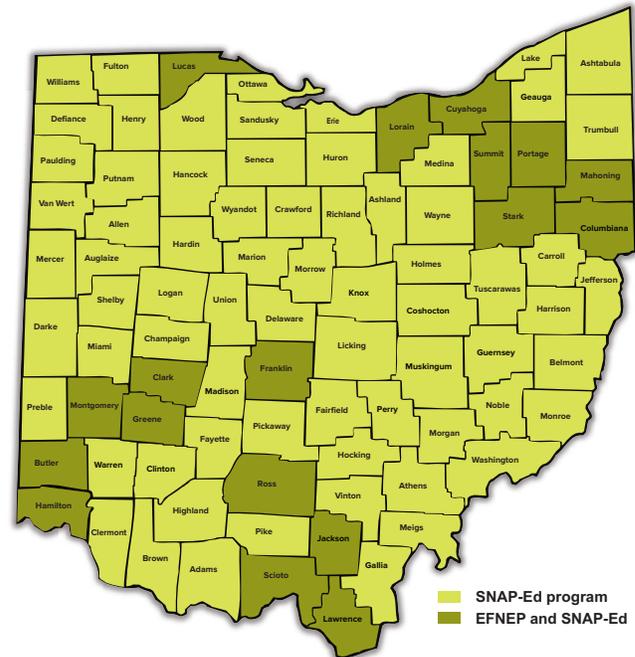
USDA Nondiscrimination Statement

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Celebrate Your Plate

The **Celebrate Your Plate** site helps you budget for, plan, and create healthy, tasty meals. You'll find recipes, shopping tips, cooking tips, and even tips on growing your own food. Plus, you can comment on recipes and read comments from others. Celebrate Your Plate is out and about in communities around Ohio – just look for the Celebrate Your Plate logo!



Family and Consumer Sciences

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state, and county governments and private grants. Programs emphasize "empowerment through education."

About

SNAP-Ed and EFNEP are equal opportunity programs. For more information about Ohio SNAP-Ed, explore go.osu.edu/snap-ed For details regarding Ohio EFNEP in your area, visit efnep.osu.edu Discover tips, wholesome recipes and more at CelebrateYourPlate.org

No Crust. All Taste.

Veggie Pizza Bites



Eggplant
is high in
antioxidants.



Visit CelebrateYourPlate.org for tasty, healthy recipes your whole family will love.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).