

Fabulous Falafels + Cool as a Cucumber Dip + Funny Flat Bread



funny flat bread

mix + stir

Have your kids mix together **2 cups flour**, **1 tsp baking powder**, and **1 tsp salt**. Then, stir in **1 cup plain yogurt** until the dough is too stiff for a spoon.

knead + rest

Knead the dough in the bowl until it holds together well, adding more flour if necessary. Then turn the dough out on a floured surface and cut it into about 12 pieces. Have kids continue kneading the small dough balls for about 5 minutes, until the dough feels smooth and elastic. Put the dough balls in an oiled bowl, cover with a damp clean dish towel, and set aside to rest. Time to make the Falafels and the yogurt dip!

press + oil + puff

Have your kids press the dough balls flat into round discs - the thinner the better, about 1/4 inch or less thick is ideal! Brush some **olive oil** on a hot non-stick skillet on the stovetop and coat each dough disc with **olive oil**. Lay the dough discs on the hot skillet one at a time, fitting as many as you can on the skillet at once without overlapping, and cook over medium heat for about 2-3 minutes. It will puff up in places or all over, and there may be some blackish-brown spots on the bottom. Totally okay! Slide a spatula under the flat bread and flip it, and cook for a minute or two on the other side, just until it finishes puffing up into a balloon and begins to color lightly on top.

Family Fun Recipes

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THYME to TURNIP the BEET on WHAT KIDS EAT

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fabulous falafels

pop + measure + toss

Have your kids 'pop' the skin off of **two 15 oz. cans of garbanzo beans (drained)**, discarding (or eating!) the skins. In a large bowl, combine the peeled garbanzo beans with **2 tsp salt**, **1 tsp pepper**, **2 tsp ground coriander**, and **2 tsp ground cumin**. Sprinkle **4 Tbs flour** over the garbanzo bean mixture, toss together, and set to the side.

press + chop + squeeze

With a garlic press, squeeze **one clove garlic** into the garbanzo bean bowl. Chop up a **handful of fresh parsley**, squeeze the **juice of 1 lemon**, dice up **1 small onion**, and add to the bowl. Mix to combine well.

preheat + mash + roll

If baking, preheat your oven to 375 degrees and brush or rub a baking sheet with a thin layer of **olive oil**. Mash the garbanzo bean mixture with an immersion blender or food processor, making sure to mix ingredients together really well. You want the result to be a thick (yummy!) paste. Have your kids roll the mixture into small balls, about the size of a ping pong ball. Slightly flatten the balls into a patty shape. Brush the tops of the falafel with some **olive oil**.

cook + enjoy

Either...

- ★ Bake for 20-25 minutes, gently flipping falafel halfway through.
- ★ Cook on the stovetop (about 5 minutes per side) in a large oiled nonstick skillet or griddle over medium-high heat.

cool as a cucumber yogurt dip

grate + chop + tear

Using a cheese grater, have your kids grate **1 English cucumber** into a large bowl, squeezing out the excess liquid with their hands and discarding it. Chop up **1 green apple** (with the skin on) into small chunks, then tear up a handful of **fresh mint or parsley** into small bits and add to the cucumber.

measure + whisk

Have your kids measure out **1 cup plain yogurt** and add to the cucumber mixture. Have kids take turns whisking the cucumber dip until smooth. Add **salt** and **pepper** to taste and serve with the falafels!

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shopping list

Flat Bread

- | | |
|---|---|
| <input type="checkbox"/> 2 cups flour | <input type="checkbox"/> 1 cup plain yogurt (or sub |
| <input type="checkbox"/> 1 tsp baking powder | <i>unsweetened coconut yogurt)</i> |
| <input type="checkbox"/> 1 tsp salt | <input type="checkbox"/> olive oil for brushing on bread & cooking |

Falafel

- | | |
|--|--|
| <input type="checkbox"/> two 15 oz. cans garbanzo beans | <input type="checkbox"/> 4 Tbs flour |
| <input type="checkbox"/> 2 tsp salt | <input type="checkbox"/> 1 clove garlic |
| <input type="checkbox"/> 1 tsp ground black pepper | <input type="checkbox"/> handful of fresh parsley |
| <input type="checkbox"/> 2 tsp ground coriander | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 2 tsp ground cumin | <input type="checkbox"/> 1/2 small onion or 2 green onions |

Cool as a Cucumber Yogurt Dip

- | | |
|---|--|
| <input type="checkbox"/> 1 cucumber | <input type="checkbox"/> 1 cup plain yogurt (or sub |
| <input type="checkbox"/> 1 green apple | <i>unsweetened coconut yogurt)</i> |
| <input type="checkbox"/> handful of parsley or mint | <input type="checkbox"/> salt and pepper |

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fun food facts:

What is Falafel?

Falafel is a deep fried ball or patty made from ground chickpeas and/or fava beans. It was first made in Egypt, though it has become a common form of quick and cheap street food and is often served as a *mezze* (appetizer) throughout the Middle East. Actually, falafel is often considered a national dish of Israel! Now, the hearty fritters are found around the world as a replacement for meat and as a form of street food.

The surprise ingredient of the week is: the Garbanzo Bean!

- ★ Garbanzo beans, also known as chickpeas, Bengal grams, or Egyptian peas, have a delicious nutlike taste and buttery texture.
- ★ Garbanzo beans originated in the Middle East, the region of the world whose varied food cultures still heavily rely upon this high protein legume. The first record of garbanzo beans being consumed dates back about seven thousand years.
- ★ The plant grows to be between 20 and 50 cm high and has small feathery leaves on either side of the stem that grow white flowers with blue, violet, or pink veins. They grow seedpods containing two or three peas.
- ★ *Hummus* is the Arabic word for chickpea, called *garbanzo* in Spanish, *cici* in Italian, and *gram* in India.
- ★ Garbanzo beans provide a concentrated source of protein that can be enjoyed year-round are available either canned or dried.
- ★ The latin name for garbanzo beans, *Cicer arietinum*, means “small ram”, reflecting the unique shape of this legume that somewhat resembles a ram’s head.

Time for a laugh!

What did the sick garbanzo bean say to his doctor? I falafel! (Get it? “I feel awful!”)

What is a mother hen’s favorite plant in the garden? The chickpea!

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