



## Ava's Chickpea Puttanesca

By Erin Fletter

**Prep Time** 10 / **Cook Time** 15 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**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.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

**garnish:** to decorate a dish or plate of food to enhance its flavor or appearance, using things like parsley, fruit slices, or edible flowers.

### Equipment

- Skillet
- Can opener
- Colander or strainer
- Cutting board
- Kid-safe knife
- Measuring spoons
- Wooden spoon

### Ingredients

Ava's Chickpea Puttanesca

- 1 15-oz can chickpeas (garbanzo beans) **\*\***(for LEGUME ALLERGY sub 1 zucchini OR 1 red bell pepper OR omit chickpeas)**\*\***

- 2 garlic cloves
- 5 to 6 roma tomatoes
- 15 pitted Kalamata or black olives, or a mix
- 4 T olive oil
- 2 heaping T capers, drained + more to taste
- 1/2 T granulated sugar + more to taste
- 1/4 tsp salt + more to taste
- 1 handful fresh basil leaves

## Food Allergen Substitutions

### Ava's Chickpea Puttanesca

**Legume:** For 1 15-oz can chickpeas (garbanzo beans), substitute 1 zucchini OR 1 red bell pepper OR omit chickpeas.

## Instructions

### Ava's Chickpea Puttanesca

rinse + drain + mince

Have kids rinse and drain **1 can of chickpeas**, then smash, peel, and mince **2 garlic cloves**.

dice + tear

Have kids dice **5 to 6 roma tomatoes** and **15 pitted Kalamata or black olives** into small bits. Have them tear **1 handful of basil leaves** and set them to the side.

add + cook + count

In a skillet, heat **4 tablespoons of olive oil** over medium-high heat. Add the **minced garlic**, 2 heaping tablespoons capers, 1/2 tablespoon sugar, **and** 1 teaspoon salt\*\* and cook until tender; about 2 to 5 minutes. Count to 10 in Italian while you wait: 1 uno (OO-noh), 2 due (DOO-eh), 3 tre (treh), 4 quattro (KWAHT-troh), 5 cinque (CHEEN-kweh), 6 sei (SEH-ee), 7 sette (SET-teh), 8 otto (OHT-toh), 9 nove (NOH-veh), 10 dieci (dee-EH-chee).

stir + simmer + taste

Stir in the **drained chickpeas**, **diced tomatoes**, and **diced olives**. Bring the sauce to a boil, then reduce heat to low, add the lid, and let simmer for 8 to 10 minutes. Taste. Does it need more salt? More

sugar? More capers?

## top + garnish

After cooking pasta or frying **Crispy Polenta Cakes**, top the pasta or each polenta cake with a scoop of Ava's Chickpea Puttanesca and garnish with torn basil leaves! "È squisito" (EH skwee-ZEE-toh) or "It's delicious" in Italian!

## 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.