Sri Lankan Pumpkin Chickpea Curry in a Mug + Orange Chai Creme Soda for One

By Erin Fletter

Prep Time 15 / **Cook Time** 2 / **Serves** 1 - 2

Shopping List

☐ FRESH

☐ 1 celery stalk

☐ 1 to 2 oranges

☐ 1 green onion

☐ PANTRY

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

☐ 1 15-oz can pumpkin purée

☐ 1/4 tsp mild yellow curry powder

☐ 1/4 tsp mild chili powder

☐ 1/2 tsp pumpkin pie spice

☐ 1/4 tsp garlic powder

☐ 1 pinch salt

☐ 1/2 tsp sugar

☐ 1 tsp tomato paste

☐ 1 13-oz can coconut cream or full-fat coconut milk **(see allergy subs below)**

☐ 1/4 C precooked white or brown rice

☐ 1/4 tsp pure vanilla extract **(see allergy subs below)**

☐ 1/4 C sparkling water

☐ HAVE ON HAND

☐ ice

Fun-Da-Mentals Kitchen Skills

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

mix: to thoroughly combine two or more ingredients until uniform in texture.

season: to add flavor to food with spices, herbs, and salt.

snip: to use scissors to cut something with quick, sharp strokes.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

pour: to cause liquid, granules, or powder to stream from one container into another.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

seal: to close tightly, keeping filling inside.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

☐ Microwave

☐ Microwave safe mug

☐ Potholder

☐ Cutting board + kid-safe knife

☐ Kid-friendly scissors

☐ Measuring spoons

☐ Liquid measuring cup

☐ Citrus juicer (optional)

☐ Paper towel

☐ Metal spoon for stirring

☐ Fork

☐ Soap for cleaning hands

☐ Glass or jar

☐ Small drinking glass

Ingredients

Sri Lankan Pumpkin Chickpea Curry in a Mug

☐ 1/2 celery stalk

☐ 1 green onion

☐ 1/4 heaping C chickpeas/garbanzo beans from 1 15-oz can **(for PEANUT/LEGUME ALLERGY sub corn)**

☐ mild yellow curry powder (up to 1/4 tsp—let kids decide how much)

☐ mild chili powder (up to 1/4 tsp—let kids decide how much)

☐ 1 pinch of salt

☐ 1 pinch of sugar

☐ 1 tsp tomato paste

☐ 1/4 C canned pumpkin purée from 1 15-oz can

☐ 1 pinch pumpkin pie spice

☐ 1/4 tsp garlic powder

☐ 1/2 fresh orange

☐ 1/4 C canned coconut cream (use pure coconut cream or scrape the top from a can of full-fat coconut milk) **(for COCONUT ALLERGY sub heavy whipping cream or soy milk)**

☐ 1/4 C precooked white or brown rice

Orange Chai Creme Soda for One

☐ 1 fresh orange (or remaining 1/2 orange if making Curry lesson/meal plan)

☐ 1 pinch pumpkin pie spice

☐ 1/4 tsp sugar

☐ 1/4 tsp pure vanilla extract **(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**

☐ 1/4 C coconut cream or full-fat coconut milk from 1 13-oz can **(for COCONUT ALLERGY sub heavy whipping cream or soy milk)**

☐ ice

☐ 1/4 C sparkling water

Food Allergen Substitutions

Sri Lankan Pumpkin Chickpea Curry in a Mug

Peanut/Legume: Substitute corn for chickpeas.
Coconut: Substitute heavy whipping cream or soy milk for coconut cream/milk.

Orange Chai Creme Soda for One

Coconut: Substitute heavy whipping cream or soy milk for coconut cream/milk.
Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Sri Lankan Pumpkin Chickpea Curry in a Mug

chop + snip

Chop **1/2 celery stalk** into small bits. Using a clean pair of kid-safe scissors, snip **1 green onion** into small pieces.

add + season + mix

Add the celery, green onion, and a heaping **1/4 cup chickpeas** to a microwavable mug (or mugs). Add up to **1/4 teaspoon mild yellow curry powder** and up to **1/4 teaspoon mild chili powder** (use less for mild spice level). Add **1 pinch of sugar**, **1 pinch of salt**, **1 teaspoon tomato paste**, **1/4 cup canned pumpkin purée**, **1 pinch of pumpkin pie spice**, **1/4 teaspoon garlic powder**, and **1 squeeze of orange juice** from 1/2 orange to the mug(s). Top with **1/4 cup coconut cream** (use the cream from the top of a can of full-fat coconut milk, or use pure canned coconut cream). Mix!

cover + microwave + stir

Cover the mug with a damp paper towel and microwave for 1 minute. Let cool slightly before removing from the microwave with a potholder and stirring.

add + microwave + stir

Add **1/4 cup of precooked rice** to your microwavable mug(s). No need to stir. Just add the rice on top of the curry. Microwave for 1 more minute. Let cool slightly before removing from the microwave with a potholder and stirring once more.

Orange Chai Creme Soda for One

squeeze + add + shake

Squeeze the juice from **1 orange** (or from the remaining orange if you also made Sri Lankan Pumpkin Chickpea Curry (see recipe)) into a glass or plastic jar with lid. Add **1 pinch of pumpkin pie spice**, **1/4 teaspoon sugar**, **1/4 teaspoon vanilla extract**, and **1/4 cup coconut milk or cream**. Seal the jar with its lid and shake until all ingredients are combined.

add + pour + sip

Add ice to a small drinking glass and pour the orange chai mixture (from step above) over the ice. Top with **1/4 cup sparkling water** and taste!

Featured Ingredient: Pumpkin!

Hi! I’m Pumpkin!

"I'm orange, round, like to sit on your porch making faces in the Fall, and I'm good to eat! I'm a pumpkin! Of course, not all pumpkins are orange. We can be white, red, yellow, tan, blue, dark green, and even black! We're not always round, either! We might be tall and oblong or short and squat. We love it when families come to the pumpkin patch to pick out their favorite pumpkin to take home!"

History

The pumpkin is a winter squash that is believed to have originated in Central America. Seeds from pumpkins were found in the highlands of Oaxaca, Mexico, dating back to 7000 to 5500 BCE, about 9,000 years ago!
Native Americans were eating pumpkins for centuries before European colonists arrived. They ate pumpkin seeds, used them as medicine, and made mats from flattened and dried strips of pumpkins.
Archaeologists have found pumpkin residue among the 800-year-old ruins of the Ancestral Pueblo people.
European explorers and traders brought pumpkins back to Europe with them, and Portuguese traders brought them to China in the 16th century. Now, pumpkins are grown on six continents. The only continent that can't grow pumpkins is Antarctica!
A pumpkin is not the same as a Jack-o-Lantern. A pumpkin is only a Jack-o-Lantern once it's carved!
Carving pumpkins into Jack-o-Lanterns is a tradition that started hundreds of years ago in Ireland. The Irish used to carve turnips, but when Irish immigrants arrived in North America and found pumpkins aplenty, they began to use those instead.
Pumpkins were once endorsed as a remedy for freckles and snake bites. As if we need a cure for freckles!
China produces the most pumpkins worldwide, followed by India. Illinois grows the most in the United States.
According to Guinness World Records, Stefano Cutrupi of Italy harvested the heaviest pumpkin on September 26, 2021. His humongous pumpkin weighed over 2,702 pounds.

Anatomy & Etymology

Why are pumpkins orange? Before a pumpkin matures, it's green in color due to the presence of chlorophyll, a green-pigmented nutrient required for the pumpkin to absorb and use sunlight for energy and food. However, as a pumpkin matures, it develops phytonutrients called "carotenoids," which give a pumpkin its bright orange color.

The stem of a pumpkin is often referred to as its "handle."

Thin, hairlike "tendrils" are often attached to the pumpkin's stem. As it grows, the pumpkin's tendrils cling to the vine and are green in color. These tendrils attach to and wind themselves around fences, posts, other plants, and objects on the ground to anchor the vine and protect the plant from the wind.

Leaves grow on the pumpkin's vine and absorb sunlight to provide energy for the plant and its fruit.

We collectively refer to the pumpkin's outer skin and inner fruit as the pumpkin's "shell." Ribs are the indentations around the outside of the pumpkin's shell.

The meat of the pumpkin is called the "pulp," or sometimes affectionately referred to as "pumpkin brains!" Attached to the pulp are lots of pumpkin seeds that can be cleaned, dried, and roasted with salt (delicious!). The inner part of each pumpkin seed contains a nut (technically, the "germ" of the seed), and this is what eventually develops into a new pumpkin.

The word "pumpkin" originated from the Greek word for "large melon," which is "pepon." The French called it "pompon." The English used "pumpion." And, American colonists changed "pumpion" into "pumpkin."

How to Pick, Buy, & Eat

A pumpkin is used as a vegetable in cooking, but it's actually a fruit! It's a member of the Cucurbita family, which includes squash and cucumbers.

Pumpkin flowers and seeds are edible.

Undoubtedly the most popular recipe that uses pumpkins is pumpkin pie. But pumpkin pulp can be used for everything from baked goods to soups to ice cream, pudding, and even beer!

You can store uncut pumpkins for up to 60 days in a cool, dark place!

Nutrition

Pumpkins contain potassium, vitamin C, soluble fiber, and beta carotene.

Vitamin C and beta carotene are two powerful antioxidants that help protect cell membranes and the immune system.

Potassium is good for circulation and healthy blood pressure, and it's great for bones. It also helps take blood pumped from hearts through arteries and veins to muscles and organs.

Beta carotene is great for the health of our eyes! The body takes beta carotene and converts it to vitamin

A, which our eyes need to stay healthy. When this happens, it signals the immune system to create white blood cells, which help the body fight off infection.

Soluble fiber is so good for our digestive systems! Fiber also helps slow the absorption of blood sugar into our tissues.