

## CHICKPEA SALAD WITH BROCCOLI & AVOCADO

<b>Culinary Intro:</b>	The addition of mint and toasted coconut take a standard salad to another flavor level.
<b>Nutrition Intro:</b>	Enjoy this nutritionally balanced salad; chickpeas add plant-based proteins to it.

<p><b>Prep Time:</b> 20 minutes  <b>Ingredients for 4 servings:</b>  <b>Each serving = about 1 cup</b>  <b>Cost per serving=\$0.78</b></p> <ul style="list-style-type: none"> <li>• 1 15-ounce can garbanzo/chickpeas, rinsed and drained</li> <li>• 1 cup broccoli florets, finely chopped</li> <li>• ½ large avocado, seeded and diced</li> <li>• ¼ cup fresh mint leaves</li> <li>• pinch salt</li> <li>• juice of ½ lime</li> <li>• 1 Tablespoons extra-virgin olive oil</li> <li>• 2 Tablespoons unsweetened coconut flakes, toasted</li> </ul> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. In a large bowl, combine the beans with the broccoli and avocado. Gently chop or tear the mint leaves and add to the bowl.</li> <li>2. Season with pinch of salt, lime juice and extra virgin olive oil. Stir gently to combine all ingredients.</li> <li>3. Toast the coconut flakes in a dry skillet over medium heat. Allow the coconut to toast in an even layer until golden brown. Sprinkle on top of the salad and serve.</li> </ol>	<b>Culinary/ Nutrition Notes for Demo:</b>	
	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• chickpeas, or garbanzos, have a nutty, creamy taste</li> <li>• chickpeas have been cultivated for 9000 years (McGee) and are native to southwest Asia</li> <li>• there are two main types: desi and kabuli</li> <li>• kabuli are more common in the US</li> <li>• chickpeas are a common ingredient in many Middle Eastern and Indian dishes</li> <li>• chickpeas can be ground to make a flour</li> <li>• chickpeas can be toasted in an oven until crisp, which make a great snack</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Plant-proteins from legumes, in this case chickpeas, are naturally low-fat and cholesterol-free, compared to animal proteins.</li> <li>• 1 cup of chickpeas provides about 12 grams of fiber, which is almost half of the daily recommended intake (DRI).</li> <li>• Chickpeas are also rich in folate, one cup provides about 70% of the DRI.</li> </ul>
	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• broccoli can also be blanched by placing in a pot of boiling water and then “shocked” in an ice bath to get rid of some its gas-inducing properties</li> <li>• mint leaves add a cooling and refreshing aroma</li> <li>• lime juice pairs well with avocado and mint</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Broccoli is rich in antioxidant vitamin C and vitamin K.</li> <li>• Broccoli can be enjoyed raw, however cooking it (avoid boiling) breaks down its fibers (cellulose) which makes it easier to digest.</li> <li>• Avocado is rich in monounsaturated fatty acids, or heart-healthy fats.</li> </ul>
	<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• untoasted coconut has a sweet, rich aroma while toasted coconut takes on a more nutty character</li> <li>• the word coconut comes from the Portuguese <i>coco</i>, meaning goblin or monkey, which can be made out from the markings on the stem end (McGee)</li> <li>• coconut is a common ingredient in many tropical cuisines, where it is most often used as coconut milk</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Coconut is a tropical fruit, rich in a type of saturated fatty acids called lauric acid; this type of fatty acid</li> </ul>

<div> <div> <div>Nutrition Facts</div> <div> Serving Size about 1cup (172g)  Servings Per Container 4 </div> </div> <div> <div>Amount Per Serving</div> <div> <div>Calories 210</div> <div>Calories from Fat 110</div> </div> </div> <div> <div>% Daily Value*</div> <div> <div>Total Fat 13g</div> <div>20%</div> </div> <div> <div>Saturated Fat 3g</div> <div>15%</div> </div> <div> <div>Trans Fat 0g</div> <div></div> </div> <div> <div>Cholesterol 0mg</div> <div>0%</div> </div> <div> <div>Sodium 300mg</div> <div>13%</div> </div> <div> <div>Total Carbohydrate 20g</div> <div>7%</div> </div> <div> <div>Dietary Fiber 8g</div> <div>32%</div> </div> <div> <div>Sugars 3g</div> <div></div> </div> <div> <div>Protein 7g</div> <div></div> </div> </div> <div> <div>Vitamin A 6%</div> <div>Vitamin C 40%</div> </div> <div> <div>Calcium 6%</div> <div>Iron 10%</div> </div> <div> <div>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</div> <div> <div>Calories:</div> <div>2,000</div> <div>2,500</div> </div> <div> <div>Total Fat</div> <div>Less than 65g</div> <div>80g</div> </div> <div> <div>Saturated Fat</div> <div>Less than 20g</div> <div>25g</div> </div> <div> <div>Cholesterol</div> <div>Less than 300mg</div> <div>300mg</div> </div> <div> <div>Sodium</div> <div>Less than 2,400mg</div> <div>2,400mg</div> </div> <div> <div>Total Carbohydrate</div> <div>300g</div> <div>375g</div> </div> <div> <div>Dietary Fiber</div> <div>25g</div> <div>30g</div> </div> </div> <div> <div>Calories per gram:</div> <div>Fat 9 • Carbohydrate 4 • Protein 4</div> </div> </div>		<div> <div>4</div> <div>behaves differently in the body compared to other types of saturated fats, helping increase HDL cholesterol when consumed in moderated amounts and as part of a healthful diet.</div> </div>
	<div> <div>5</div> <div></div> </div>	

### Clean-up/Review comments

### Culinary/ Cook Once, Eat Twice:

This is quite a delicious salad. It can be prepared ahead of time, but don't add avocado until time of serving.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 knife</li> <li>3. 1 bowl for trash</li> <li>4. 1 Large mixing bowl</li> <li>5. skillet</li> <li>6. mise en place bowls</li> <li>7. silicone spatula</li> <li>8. can opener</li> <li>9. colander</li> <li>10. measuring cups</li> <li>11. measuring spoons</li> <li>12. paper plates/ cups/ soufflé cups</li> <li>13. paper towels</li> <li>14. tablecloth</li> <li>15. kitchen towel</li> <li>16. gloves</li> <li>17. copies of recipe</li> </ol>	<b>Produce</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 small head broccoli</li> <li><input type="checkbox"/> 1 large avocado</li> <li><input type="checkbox"/> 1 lime</li> <li><input type="checkbox"/> 1 small bunch fresh mint leaves</li> </ul>	
	<b>Dry Goods</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 15-ounce can garbanzo beans</li> <li><input type="checkbox"/> small package unsweetened coconut flakes</li> </ul>	
	<b>Condiments</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> extra-virgin olive oil</li> <li><input type="checkbox"/> salt</li> </ul>	
	<b>Paper Goods</b> bowls, napkins, forks	
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe; rinse and drain beans, store properly</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the produce intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation:</b> ½ hour</p>		