

Egyptian Fantastic Falafels on a Stick + Cool-as-a-Cucumber Tahini Sauce + Minty Cucumber Cooler



egyptian fantastic falafels

peel+measure

Pop the skin off **two 15-oz cans of garbanzo beans, drained**, discarding the skins. In a large bowl, combine the peeled garbanzo beans with **2 tsp salt** and **1 tsp ground black pepper**. Measure out **2 tsp ground coriander** and **2 tsp ground cumin** and add to the bowl.

sprinkle+toss

Sprinkle **¼ C flour** over the garbanzo bean mixture. Toss everything in the bowl together and set to the side.

mince+squeeze+dice

Mince **1 garlic clove** finely, along with **a handful of fresh parsley**, and add to the bowl. Squeeze the juice of **1 lemon** into the bowl and dice up **2 green onions** as well. Mix to combine everything well.

mash+roll+flatten

Mash the garbanzo bean mixture using a potato masher or immersion blender, making sure everything gets very well combined resulting in a thick paste. Roll the mixture into small balls, about the size of a ping pong ball. Slightly flatten the balls.

::continued::

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2018 Sticky Fingers Cooking

fry+pierce

Heat a non-stick skillet on your stovetop over medium-high heat. Add **a few T of oil** to the bottom of your skillet and then fry up your falafel for 2-3 minutes per side, until crispy and golden brown. Let them cool slightly and pierce them with toothpicks or sticks to serve. Enjoy with the Cool-as-a-Cucumber Tahini sauce (recipe below)!



cool-as-a-cucumber tahini sauce

grate+squeeze

Using a cheese grater, grate **1 cucumber** into a large bowl. Pick up the grated cucumber in clean hands and squeeze out the excess liquid. Discard liquid and put the grated cucumber back into the bowl.

chop+tear+combine

Chop up **1 granny smith apple** (with the skin on) into small chunks. With your fingers, tear up **a handful of fresh mint** into small bits. Combine the cucumber, apple, and mint in a bowl.

measure+whisk

Measure **1 C plain yogurt** and add to the cucumber mixture. Whisk the cucumber dip until smooth. Add **salt** and **ground black pepper** to taste and serve with the falafel!



minty cucumber cooler

tear+stir

Tear up **a handful of mint** into pieces. Mix **½ C honey** into **½ C hot water** and stir to combine.

peel+scoop+toss

Peel **1 cucumber**, slice in half lengthwise, and scoop out and discard the seeds. Toss the cucumber into your blender or a pitcher for use with an immersion blender, along with your honey water and mint.

squeeze+blend

Squeeze the juice of **1 small lemon** into your blender/pitcher and add **1-2 C ice**. Blend it all up until nice and smooth!

::continued::



Family Fun Recipes



THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2018 Sticky Fingers Cooking

shopping list

Falafel on a Stick

- | | |
|--|---|
| <input type="checkbox"/> 2 15-oz cans garbanzo beans | <input type="checkbox"/> 1 garlic clove |
| <input type="checkbox"/> 2 tsp salt | <input type="checkbox"/> handful of fresh parsley |
| <input type="checkbox"/> 1 tsp ground black pepper | <input type="checkbox"/> 1 small lemon |
| <input type="checkbox"/> 2 tsp ground coriander | <input type="checkbox"/> 2 green onions |
| <input type="checkbox"/> 2 tsp ground cumin | <input type="checkbox"/> vegetable oil |
| <input type="checkbox"/> ¼ C flour | <input type="checkbox"/> toothpicks |

Cool-as-a-Cucumber Tahini Sauce

- | | |
|--|--|
| <input type="checkbox"/> 1 cucumber | <input type="checkbox"/> 2 tsp tahini |
| <input type="checkbox"/> 1 granny smith apple | <input type="checkbox"/> salt, to taste |
| <input type="checkbox"/> a handful of fresh mint | <input type="checkbox"/> ground black pepper, to taste |
| <input type="checkbox"/> 1 C plain yogurt | |

Mini Cucumber Cooler

- | | |
|--|--|
| <input type="checkbox"/> a handful of fresh mint | <input type="checkbox"/> 1 small lemon |
| <input type="checkbox"/> ½ C honey | <input type="checkbox"/> 1-2 C ice |
| <input type="checkbox"/> 1 cucumber | |

::continued::

Family Fun Recipes

Sticky Fingers  Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2018 Sticky Fingers Cooking

The History of Falafel

Falafel is not only hugely popular in Israel; throughout the Middle East, it's a common form of quick and cheap street food and is often served as a mezza (appetizer). Falafel is a deep fried ball or patty made from ground chickpeas and/or fava beans. Falafel balls may be eaten alone as a snack or served as part of a meal. First made in Egypt, falafel has become a dish eaten throughout the Middle East. In fact, falafel is often considered a national dish of Israel. The hearty fritters are now found around the world as a replacement for meat and as a form of street food.

The surprise ingredient: Cucumber!

- ★ **As a member of the gourd family (such as melons, squash, pumpkins and watermelon), cucumbers grow on a vine in sandy soil.** Sandy soil warms faster in the spring, giving cucumbers a more favorable growing environment.
- ★ **Cucumbers are one of the oldest known cultivated vegetables.** They have been cultivated since 8000 B.C. Cucumbers are believed to have originated in India.
- ★ **"Cool as a cucumber" isn't just a catchy phrase.** The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air. No wonder these are such a summertime favorite!
- ★ **The flavor in cucumbers comes from their seeds.** Medium sized cucumbers with soft small seeds have better flavor.
- ★ **Cucumbers are 96% water.**
- ★ **Cucumbers contain most of the vitamins you need every day,** just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

Time for a laugh!

Why was the cucumber mad? Because it was in a pickle!

Knock-Knock! Who's there? **Falafel!** Falafel, who? **I falafel my bike and cut my knee! Help!**

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2018 Sticky Fingers Cooking