

Pasta E Ceci + Crispy Crunchy Antipasti Salad + Cinnamon Vanilla Gelato Shakes



pasta e ceci

pre-cook

Pre-cook **2 C elbow macaroni pasta**, or other fun small pasta shape. Drain and set aside.

rinse+drain+dry

Rinse and drain **2 C of canned chickpeas**. Gently roll the chickpeas in paper towels to dry them off - they have to be cooked and dry in order to get crispy!

toss+press

In a large mixing bowl, toss the chickpeas with **2 T olive oil** until they are well coated. Press **1 garlic clove** under the flat side of your chef's knife and then set aside.

crisp+measure+whisk

Add your oily chickpeas to a skillet on your stovetop and heat to medium. Add a **pinch of salt** and stir until slightly crispy and golden, about 4-5 minutes. Measure and whisk together **3 T tomato paste** and **2 T water**, along with a **pinch of salt and pepper**.

divide+cook

Once the chickpeas are crispy, divide them in half and remove one half to set aside for the antipasti salad. Add your pressed garlic to the skillet with the remaining chickpeas, stir, and cook for another 30 seconds. Then take out the garlic clove and set aside. Add in the tomato paste/water mixture, your cooked pasta, **salt and pepper** and heat until warm.

::continued::

Family Fun Recipes

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crispy crunchy antipasti salad

tear+chop+mince

Tear up **half of a head of romaine lettuce**, chop **½ cucumber**, and mince **1 garlic clove** (you can use the same pressed garlic that you cooked with your chickpeas). Combine everything together in a bowl.

measure+mix

In a small bowl, measure and mix together **2 tsp apple cider vinegar**, **2 T olive oil**, **a big pinch of salt and black pepper**, **a pinch of sugar/drizzle of honey**, and **a pinch of dried oregano**.

add+toss

Add **1 C of the crispy pan-fried chickpeas** to the bowl with the vegetables. Pour over the dressing, toss everything together using salad tongs and enjoy!

cinnamon vanilla gelato shakes

combine+blend

Combine **2 C vanilla ice cream**, **1 C whole milk**, and **¼ tsp ground cinnamon** in your blender or a pitcher for use with an immersion blender. Blend until smooth, thick, and creamy. Pour into cups and top with a pinch more of cinnamon!

::continued::

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shopping list

Pasta e Ceci

- | | |
|---|---|
| <input type="checkbox"/> 2 T olive oil | <input type="checkbox"/> ¼ tsp ground black pepper |
| <input type="checkbox"/> 1 garlic clove | <input type="checkbox"/> 1 C canned chickpeas |
| <input type="checkbox"/> 3 T tomato paste | <input type="checkbox"/> 2 C elbow macaroni pasta (<i>or other fun, small pasta shape!</i>) |
| <input type="checkbox"/> 1 tsp salt | |

Crispy Crunchy Antipasti Salad

- | | |
|--|---|
| <input type="checkbox"/> ½ a head of romaine lettuce | <input type="checkbox"/> 2 T olive oil |
| <input type="checkbox"/> ½ cucumber | <input type="checkbox"/> BIG pinch of salt and black pepper |
| <input type="checkbox"/> 1 C canned chickpeas | <input type="checkbox"/> pinch of sugar/drizzle of honey |
| <input type="checkbox"/> 1 garlic clove | <input type="checkbox"/> pinch of dried oregano |
| <input type="checkbox"/> 2 tsp apple cider vinegar | |

Cinnamon Vanilla Gelato Shakes

- 2 C vanilla ice cream
- 1 C whole milk
- ¼ tsp ground cinnamon

::continued::

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What is pasta e ceci?

Pasta e ceci— pasta and chickpeas – is one of Rome’s iconic dishes – a dish of chickpeas cooked with onion and a stick of celery, then finished off with broken wholemeal pasta. It’s history is almost as old as Rome’s, dating back at least 2,000 years. *Ceci* – chickpeas – gets their Latin name, *Cicer Arietinum*, from Aries the ram, as each dried pea is said to resemble a ram’s head, complete with horns.

Pasta e ceci appears twice on the informal weekly recipe calendar still followed in Rome: it is eaten on Tuesdays and Fridays. Walk past any Roman trattoria on those days, and it may well be chalked up on the blackboard.

Pasta e ceci is as changeable and temperamental as the cooks that make it. The constants are cooked chickpeas, added to some sort of soffritto, then water or chickpea broth is added and the soup simmered. Pasta is then added to the soup and cooked until tender. But beyond that, the variations are endless. Pasta e ceci can be brothy or creamy; it can be very tomato-y or less-so; it can include anchovies, potato and celery; it can be scented with garlic, rosemary or sage; the pasta can be tubes, badly cut squares or broken tagliatelle. No two versions are the same, and even the most carefully followed recipe will yield a different result each time. It is a dish that invites improvisation and tweaking according to taste!

The surprise ingredient: Chickpeas!

- ★ **The chickpea is a type of bean whose official name is *Cicer arietinum*.** Chickpea is the English name for Garbanzo Beans. They’re nicknamed this because they look like the heads of little chicks. 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. Hummus is actually the Arabic word for chickpea, called garbanzo in Spanish, ceci in Italian, gram in India.
- ★ **The chickpea was used as food by our hunter-gatherer ancestors tens of thousands of years ago and was cultivated around 7,000 years ago in the Middle East.**
- ★ **Chickpeas have a delicious nutlike taste and a texture that is buttery, yet somewhat starchy and pasty.** A very versatile legume, they are a noted ingredient in many Middle Eastern and Indian dishes such as hummus, falafels and curries.
- ★ **The chickpea plant grows to between 20 and 50 cm high and has small feathery leaves on either side of the stem.** Chickpeas are a type of pulse, with one seedpod containing two or three peas. It has white flowers with blue, violet or pink veins.

Time for a laugh!

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

Why did the rooster blush? Because it saw a chickpea!

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