

KIDS CLUB

NEWSLETTER



Welcome to the latest issue of our ChopChop Kids Club newsletter! (If you missed the last one, it's [here](#).) This week we're celebrating both the official start of summer and Father's Day, which is this Sunday, June 21. We know not every family has a father, and that's okay! You can make our burger recipe with or for any father figures or other special people in your life. However you celebrate, we hope you can use some of our ideas to make it a fun day for your family.

Note: If you're too young to cook solo, get help from another adult (even your dad—he'll still appreciate it!), and if you are old enough not to need one, let it be a surprise!



Chicky Chickpea Burgers

BY KENJI LÓPEZ-ALT

Here's how Kenji describes how he got the idea for these burgers: "A few years back, my friend Einat Admony, chef at New York's Taim Falafel, showed me how to make *gondi*, an Iranian dumpling made from a combination of chickpeas and chicken, simmered in broth. I loved the unique texture and wondered how it would taste in the form of a burger. The answer: delicious! The fact that adding chickpeas turns four burgers into six is just the icing on the cake (or, in this case, the pickle on the burger)."

■ HANDS-ON TIME: 20 MINUTES ■ TOTAL TIME: 30 MINUTES ■ MAKES: 4 EXTRA-LARGE BURGERS OR 6 AVERAGE-SIZED BURGERS

KITCHEN GEAR

Sharp knife (adult needed)
Cutting board
Can opener
Colander
Measuring cups
Measuring spoons
Medium-sized bowl
Potato masher or fork
Large nonstick or cast-iron skillet
Heatproof spatula
Instant-read thermometer (if you have one)
Tongs

INGREDIENTS

1 (15-ounce) can chickpeas, drained and rinsed
1 pound lean ground chicken or turkey
¼ cup finely chopped onion (any kind you like)
½ teaspoon kosher salt
¼ teaspoon black pepper
1 tablespoon vegetable oil
4–6 slices cheese (any kind you like, optional)
4–6 toasted buns
Lettuce, sliced tomatoes, and any other toppings you like

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

1. Put the chickpeas in the bowl and mash with the potato masher (or fork) until chunky, with no whole chickpeas remaining. Add the chicken, onion, salt, and pepper. Mix until the mixture is homogeneous (that means it looks the same all the way through). Divide the mixture (it will be sticky) in the bowl into 4 to 6 even portions.



2. Wet your hands, then pick up one portion of the chickpea mixture and form it into a patty about ½ inch wider than your buns. Press the center of the patty to form a slight indentation; this will help keep the patty flat as it cooks. Repeat to form the remaining patties, then wash and dry your hands.
3. Put the skillet on the stove, turn the heat to medium, and add the oil. When the oil is hot, add the patties and cook until well browned on the first side, about 4 minutes. Using the spatula, flip the patties and cook until the second side is browned and the center of each patty registers at least 165°F on the thermometer, another 3 to 4 minutes. (If you don't have a thermometer, carefully cut into a burger and peek inside: if it's still pink, cook it a little longer.) If you're using cheese, place a slice on top of each patty during the last minute of cooking.
4. Put a patty on each bun and add whatever toppings you like (Kenji added roasted red peppers and lettuce to his). Serve right away.

GET CREATIVE

- **Parmesan Chicky Chickpea Burgers:** Add ¼ cup finely grated Parmesan cheese and a large handful of chopped fresh parsley in step 1.
- **Green Chile and Cheese Chicky Chickpea Burgers:** Add 1 (4.5-ounce) can chopped green chiles (drained), a handful of chopped fresh cilantro, and ¼ cup crumbled cotija or feta cheese in step 1. Top with sliced pepper Jack cheese in step 3.
- **BBQ Chicky Chickpea Burgers:** Add 2 tablespoons of your favorite BBQ-style dry rub and ½ teaspoon liquid smoke in step 1. In step 3, brush the top of each burger with your favorite BBQ sauce.



OR ELSE

To cook these burgers on a grill, preheat the grill over medium heat with the lid closed. Using a crumpled paper towel held with a pair of tongs, rub the grill grates with oil, then follow the rest of step 3.

HOW TO FREEZE BURGERS

After forming the patties, put them in a single layer in a resealable plastic bag, press out as much air as possible, and seal the bag. They will keep in the freezer for up to 3 months. When it comes time to use the frozen patties, don't thaw them at room temperature. Instead, either thaw them in a microwave or let them thaw overnight in the refrigerator.

KENJI LÓPEZ-ALT is the author of the upcoming children's storybook, *Every Night Is Pizza Night* (available September 1). He's also the Chef/ Partner at Wursthall, Chief Culinary Advisor at Serious Eats (www.serious-eats.com), a *New York Times* columnist, and the author of the *New York Times* best-seller *The Food Lab: Better Home Cooking Through Science*. You can follow his work on Twitter or Instagram (@kenjilopezalt), or watch him cooking his recipes (including some of these burgers) on his YouTube cooking show, "Kenji's Cooking Show" (www.youtube.com/kenjialt). He lives in San Mateo, California, with his wife and daughter.

WANT MORE BURGERS?

Try one of these recipes.

- **Beanie Burger:** www.chopchopfamily.org/recipe/beanie-burger/
- **Greek-Salad Turkey Burger:** www.chopchopfamily.org/recipe/greek-salad-turkey-burger/
- **Classic Burgers:** www.chopchopfamily.org/recipe/classic-burgers/
- **Diff' Burgers:** www.chopchopfamily.org/recipe/diff-burgers/
- **Zippy Sliders:** www.chopchopfamily.org/recipe/zippy-sliders/



Beanie Burger ►



KITCHEN SKILL

How to use a can opener

1. Set the can on a flat, hard surface.
2. Pull apart the two handles of the can opener. Flip the can opener over and look at the two wheels on the bottom, but don't touch them because they're sharp. One is jagged (bumpy on the edges) and one is smooth. Place the smooth (cutting) wheel against the inside of the little rim at the top of the can and close the two handles tightly together with your left hand.
3. Place your right hand on the little wing-like part of the can opener. Slowly twist the wing while still squeezing the handles closed. This should make the smooth wheel start cutting into the can's lid and rolling around its edge. Continue to turn the wing until the smooth wheel has gone all the way around the top of the can.
4. Pull apart the handles of the opener.
5. Use a fork to press down one side of the lid so that the other side pops up, then carefully, carefully pull it out. (Remember: the cut edges will be sharp!)

Word Fun: A Know-Your-Dad Story

Fill in the blanks to help write a fun story about your dad.

Here's a story about my dad. My dad's name is _____. I think he's ____ years old.

When he wakes up in the morning, my dad likes to eat _____ and drink _____.

On the weekdays, my dad _____. On the weekends, my dad _____.

My three favorite things that we do together are _____, _____,
and _____. My dad loves it when I _____.

If my dad and I could spend the day doing anything together, we would _____.

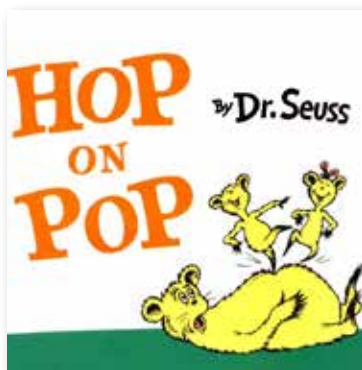
The thing I love most about my dad is _____.

Happy Father's Day, Dad!



ART ACTIVITY: DRAW A PORTRAIT OF YOUR DAD

A portrait is a photograph, painting, or drawing of a person. Get creative and make your dad a piece of art for Father's Day. Have your dad dress up in his favorite outfit and sit in a chair or on the couch. Then use colored pencils, crayons, markers, paint, or whatever you have to draw a portrait of your dad. Maybe it will look just like him or maybe it will be abstract. However it turns out, it will be a great present. (Make sure you sign and date it!)



GET MOVING: HOP WITH POP

Have you ever read the Dr. Seuss book *Hop on Pop*? We don't want you to jump on your dad, but a great way to get moving this week is to hop with him. Do some jumping jacks, play jump rope, or just hop around like a frog. It's fun to get moving together.

WHERE IN THE WORLD?

What do you call your father? Dad? Pop? Daddy? Around the world there are many different words for "father." Some examples are *padre* in Spanish, *abba* in Hebrew, *père* in French, *tatay* in Tagalog, and *pai* in Brazilian Portuguese. Do some research and learn how to say "father" in 10 other languages. Then, share them with your family.

EDIBLE MUSIC FOR DAD

Does your dad love music? Make him a Father's Day food-themed playlist—and put it on while you cook together.

- "Strawberry Fields Forever" by The Beatles
- "Cake by the Ocean" by DNCE
- "Vegetables" by The Beach Boys
- "Watermelon Sugar" by Harry Stiles
- "Chicken Fried" by Zac Brown Band
- "Salad Days" by Mac DeMarco

**DID
YOU
KNOW?**

In the U.S., **Father's Day** is always the third Sunday in June.

Sonora Dodd came up with the idea for Father's Day. She was raised by her father and, after listening to a church sermon about Mother's Day, thought that dads should have their own day, too. Her dad was born in June, the month Father's Day is now celebrated. The first Father's Day was celebrated in Sonora Dodd's hometown of Spokane, Washington, in 1910 but it didn't become a national holiday until 1972.

72 million cards are given each year on Father's Day.

FATHER FIGURES: MATH

Father's Day became an official holiday in the United States in 1972. Mother's Day was made an official holiday in 1914. Use your subtraction skills to figure out how many years there were between these two holidays becoming official.

Ohio's SNAP-Ed and EFNEP Programs

SNAP-Ed

Ohio's Supplemental Nutrition Assistance Program - Education is a nutrition education program serving low-income adults and youth throughout Ohio. It is a partnership between the Ohio Department of Job and Family Services and Ohio State University Extension. Its goal is to improve the likelihood that families and individuals who receive food assistance benefits (SNAP benefits) make healthy food choices and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

SNAP-Ed programming focuses on Diet Quality including promotion of Physical Activity, Food Safety, and Food Resource Management. The dissemination of nutrition education is mainly achieved by classes which are scheduled throughout Ohio and in 88 counties.

Participants learn to select fruits and vegetables, whole grain, and low-fat dairy products for a healthy diet; to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. In FY18, SNAP-Ed reached 436,272 adult and youth participants.

EFNEP

The Ohio Expanded Food and Nutrition Education Program serves limited resource adults who care for children in their homes as well as limited-income youth. The program utilizes interactive discussions and activities to guide participants through a series of community based workshops aimed at improving diet quality, food safety and physical activity. Adult participants also gain skills in food preparation and managing their food budgets. Youth programming is conducted in classrooms, after school programs or camps, and summer food feeding sites. During FY18, Ohio EFNEP reached 2,840 adult and 7,228 youth participants, with a total reach of 10,128 family members. The program is free and offered in 18 Ohio counties.



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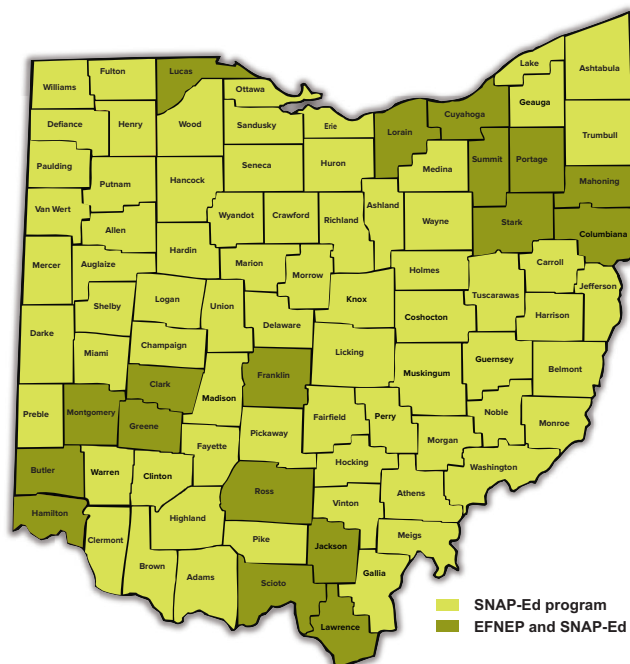
USDA Nondiscrimination Statement

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THE OHIO STATE UNIVERSITY

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AND ENVIRONMENTAL SCIENCES



Celebrate Your Plate

The **Celebrate Your Plate** site helps you budget for, plan, and create healthy, tasty meals. You'll find recipes, shopping tips, cooking tips, and even tips on growing your own food. Plus, you can comment on recipes and read comments from others. Celebrate Your Plate is out and about in communities around Ohio – just look for the Celebrate Your Plate logo!



Family and Consumer Sciences

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state, and county governments and private grants. Programs emphasize "empowerment through education."

About

SNAP-Ed and EFNEP are equal opportunity programs. For more information about Ohio SNAP-Ed, explore go.osu.edu/snap-ed For details regarding Ohio EFNEP in your area, visit efnep.osu.edu Discover tips, wholesome recipes and more at CelebrateYourPlate.org

Ever Seen a Meatball "Veg Out"?

Zucchini Meatballs



Zucchini
is packed with
B vitamins.



Visit CelebrateYourPlate.org for tasty, healthy recipes your whole family will love.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).