



## No-Cook: White Bean Cilantro Hummus + Ultra Vanilla Bean Smoothies

By Erin Fletter

**Prep Time** 15 / **Cook Time** 0 / **Serves** 4 - 6

### Shopping List

FRESH

1 small garlic clove

1 lemon

2 T cilantro leaves

2 bananas

DAIRY

1 C plain yogurt **\*\*(see allergy subs below)\*\***

PANTRY

2 T olive oil

1 15-oz can white beans (great northern, navy, or cannellini) - will be used in Hummus and Smoothies **\*\*(see allergy subs below)\*\***

1/2 tsp ground cumin

3/4 tsp salt + more to taste

1 pinch ground black pepper + more to taste

pita bread or chips, other flatbread, or tortilla chips - enough for each person **\*\*(see allergy subs below)\*\***

2 tsp vanilla extract **\*\*(see allergy subs below)\*\***

2 to 4 tsp honey or brown sugar (or 4 stevia packets)

## Fun-Da-Mentals Kitchen Skills

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

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

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

**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.

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

## Equipment

- Blender (or pitcher + immersion blender)
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Can opener
- Cutting board
- Kid-safe knife
- Citrus squeezer (optional)
- Blender, whisk, wooden spoon, or spatula

## Ingredients

### White Bean Cilantro Hummus

- 2 T olive oil
- 1 small garlic clove
- 1 15-oz can for 1 1/4 C white beans (great northern, navy, or cannellini) **\*\***(for LEGUME ALLERGY sub 1 1/4 C silken tofu or chopped raw zucchini)\*\*

- 1 lemon for 2 T fresh lemon juice
- 1/2 tsp ground cumin
- 2 T cilantro leaves
- 3/4 tsp salt + more to taste
- 1 pinch ground black pepper + more to taste
- pita bread or chips, other flatbread, or tortilla chips - enough for each person **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free flatbread, tortilla or corn chips)**\*\***

### Ultra Vanilla Bean Smoothies

- 1/4 C white beans (great northern, navy, or cannellini), from 15-oz can **\*\***(for LEGUME ALLERGY sub 1/4 C silken tofu or milk or dairy-free/nut-free milk)**\*\***
- 1 C plain yogurt **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)**\*\***
- 2 bananas
- 2 tsp vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- 2 to 4 tsp honey or brown sugar (or 4 stevia packets)

## Food Allergen Substitutions

### White Bean Cilantro Hummus

**Legume:** For 1 1/4 C white beans, substitute 1 1/4 C silken tofu (or chopped raw zucchini if soy allergy is present).

**Gluten/Wheat:** Substitute gluten-free/nut-free flatbread, tortilla or corn chips.

### Ultra Vanilla Bean Smoothies

**Legume:** For 1/4 C white beans, substitute 1/4 C silken tofu or milk or dairy-free/nut-free milk.

**Dairy:** Substitute dairy-free/nut-free plain yogurt.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

## Instructions

### White Bean Cilantro Hummus

### smell + discuss

Have kids smell the cilantro and cumin. Will they taste good together?

### measure + add

Open **1 can of white beans** and have kids measure and add **1 1/4 cup** into a big bowl. Set aside remaining **1/4 cup of beans** if you are making Ultra Vanilla Bean Smoothies.

### squeeze + tear + chop

Have kids slice **1 lemon** in half and squeeze **2 tablespoons of lemon juice** over the beans. Next, they can tear **2 tablespoons of cilantro leaves** and chop **1 garlic clove** and add them. Finally, they can add **1/2 teaspoon ground cumin, 3/4 teaspoon salt, and 1 pinch black pepper.**

### blend or mash + count

Pour **2 tablespoons of olive oil** into the bean mixture as kids take turns blending, or they can mash the hummus with a whisk, wooden spoon, or spatula and count to 5 in Arabic: 1-10: 1 wahid (waah-hid), 2 itnan (ihth-naan), 3 talata (theh-leh-theh), 4 arba'a (ahr-uh-bah), 5 khamisa (hahm-sah).

### taste + serve

Taste and then season hummus with more **salt and black pepper** if needed after it is smooth and creamy. Serve with **pita bread or chips, other flatbread, or tortilla chips!** "Sahtain" (Sah-TAIN) or "Enjoy your meal" in Arabic!

## Ultra Vanilla Bean Smoothies

### measure + blend

In a blender (or pitcher for use with an immersion blender), have kids measure and add **1/4 cup canned white beans** with **1 cup yogurt, 2 bananas, 2 teaspoons vanilla extract,** and **2 to 4 teaspoons honey or brown sugar.** Blend until thick and creamy!

## Featured Ingredient: Beans!

Hi! I'm a Bean!

"Hey! How've you bean ... I mean, been? My name is Cannellini, and I'm a white bean! We beans go back a long, long time. A couple of my cousins are the Navy bean and the Great Northern bean. You can add us to soups, stews, and chili, or eat us all by ourselves! We sometimes cause tummies to inflate (you know, get gassy?), but soaking, draining, and rinsing dried beans really well might help prevent that from happening. Did you know that Senate Bean Soup is on the menu at the US Senate's Dirksen Café every single day?! I'm inflating with pride just thinking about that!"

History

Globally, there are 13,000 known varieties of beans. They include the white bean, like the Italian Cannelini, Great Northern, and Navy Bean; the black turtle bean (usually shortened to black bean); and the pinto bean. What kind of beans are you using today?

Beans were one of the first foods gathered, according to archaeologists. Our hunter-gatherer ancestors used beans as food tens of thousands of years ago. They were grown around 7,000 years ago in the Middle East.

In ancient Greece, public officials were elected if they picked the single white bean from a bunch of black beans.

In the 15th century, Spanish explorers brought beans to Europe when they returned from voyages to the New World. Then, Spanish and Portuguese traders took them to Africa and Asia to sell.

Beans are now prevalent worldwide, primarily due to their use as an inexpensive, plant-based protein. Today, the largest commercial producers of common dried beans are India, China, Indonesia, Brazil, and the United States.

North Dakota grows forty percent of the beans in the US, more than any other state!

Brazil grows the most beans in the world.

In Nicaragua, newlyweds are given a bowl of beans for good luck.

## Anatomy & Etymology

Did you know: Beans are technically a fruit!

Beans are legumes, so they have seeds that dry in the seed pod. Other legumes include lentils, peas, peanuts, and soybeans.

Beans plants leave the soil better and healthier than before they were planted. Most plants deplete the soil, but not beans. This is because they have nodules on their roots that add nitrogen, which the soil needs.

The world's tallest bean plant was over 45 feet tall! That's the equivalent of three average-sized giraffes stacked on top of one another. The plant was grown in the USA in 2003.

The word "bean" was first used before the 12th century. It comes from the Old English "bēan," from the Proto-Germanic "bauno," and is related to the Dutch "boon" and German "Bohne."

## How to Pick, Buy, & Eat

Beans are harvested at full maturity when their pod reaches about six inches long, and the leaves turn brown and fall off about 75 days after the beans are planted.

When harvested, the shells are broken open, and the beans are collected as long as they are dry. If they're not thoroughly dried, they can be hung up to finish drying before they're popped from their shells.

We can't eat raw, uncooked beans. Why? Because beans have something called lectins that are poisonous,

and the only way to remove most of these lectins is to cook the beans.

If you're using dried beans, soak them before cooking to remove "antinutrients," compounds that block the absorption of nutrients.

Dried beans are generally available in prepackaged containers as well as bulk bins; both canned and dried beans are available throughout the year.

Canned beans can stay fresh for years!

Combine the creamy texture of beans with a whole grain such as brown rice, and you have a virtually fat-free high-quality protein meal.

Beans are made into burgers, dips, brownies, cakes, dips, fudge, muffins, pies, and drinks (coffee and cocoa beans). They can also be used in jewelry, toys, and musical instruments. "Bean bag chairs" are made with polystyrene "beans," but the small bean bags for play are sometimes made with real dried beans.

## Nutrition

Beans are complex carbohydrates and high in fiber, which keeps our digestion strong and smooth and our tummies happy.

Beans are excellent sources of iron, magnesium, and potassium. The body needs these minerals to grow, develop, and stay healthy.

Beans supply several B vitamins to our diet, especially folate (B-9). These vitamins contribute to healthy brain function, formation of red blood cells, increased energy, and decreased cancer and cardiovascular disease risk.

The fiber and protein in beans are good for stabilizing blood sugar. They are popular with vegans and vegetarians because they replace some of the nutrients found in meat.

## Beany Expressions:

Bean counter = an accountant

Bean pole = describing someone tall and thin

Cool beans = when something is cool

It doesn't amount to a hill of beans = when something doesn't add up to much

Full of beans = full of energy, enthusiasm

Hasn't got a bean = doesn't have any money

Not worth a bean = not worth anything

Spill the beans = dish the dirt, tell the truth