



Skillful Skillet Chocolate Chili + Zucchini Cornbread Muffins

By Erin Fletter

Prep Time 50 / Cook Time 30 / Serves 4 - 6

Shopping List

FRESH

1 eggplant

1 onion

1 bell pepper

3 zucchini

green onions, optional

1 lime

FROZEN

1/2 C frozen sweet corn

DAIRY AND EGGS

shredded cheese, optional **** (see allergy subs below) ****

sour cream, optional **** (see allergy subs below) ****

1 C milk **** (see allergy subs below) ****

1 stick (8 T) softened butter **** (see allergy subs below) ****

2 eggs, separated **** (see allergy subs below) ****

PANTRY

4 T olive oil

2 T chili powder

- 1/2 tsp hot pepper sauce
- 3 1/4 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp garlic powder
- 1 15-oz can tomato sauce
- 1 6-oz can tomato paste
- 2 16-oz cans pinto beans (drained)
- 1/2 C dark chocolate chips **** (see allergy subs below)****
- 3/4 C all-purpose flour **** (see allergy subs below)****
- 1 1/2 tsp baking powder
- 1/2 C yellow cornmeal
- 1/3 C honey
- HAVE ON HAND
- paper cupcake liners for muffin pan

Fun-Da-Mentals Kitchen Skills

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

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

separate eggs: to remove the egg yolk from the egg white by cracking an egg in the middle and using the shell halves, the palm of the hand, or a device to keep the egg yolk in place while the egg white falls into a separate bowl.

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

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

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

mix: to thoroughly combine two or more ingredients until uniform in texture.

separate eggs: to remove the egg yolk from the egg white by cracking an egg in the middle and using the shell halves, the palm of the hand, or a device to keep the egg yolk in place while the egg white falls into a separate bowl.

Equipment

- Oven
- Medium mixing bowls (2)
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Cutting board + kid-safe knife
- Citrus juicer (optional)
- Grater
- Muffin pan
- Paper cupcake liners
- Skillet
- Can opener
- Strainer
- Wooden spoon

Ingredients

Skillful Skillet Chocolate Chili

- 1 eggplant
- 1 onion
- 1 bell pepper
- 2 zucchini
- 4 T olive oil
- 2 T chili powder

- 1/2 tsp hot pepper sauce
- 3 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp garlic powder
- 1 15-oz can tomato sauce
- 1 6-oz can tomato paste
- 2 16-oz cans pinto beans (drained)
- 1/2 C dark chocolate chips **** (for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand, for CHOCOLATE ALLERGY sub carob chips)****
- 1/2 C frozen sweet corn (thawed)
- shredded cheese, optional **** (omit for DAIRY ALLERGY or sub dairy-free/nut-free cheese)****
- green onions, optional
- sour cream, optional **** (omit for DAIRY ALLERGY or sub dairy-free/nut-free sour cream)****

Zucchini Cornbread Muffins

- 3/4 C all-purpose flour **** (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- 1 1/2 tsp baking powder
- 1 pinch salt
- 1/2 C yellow cornmeal
- 1 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 1/3 C honey
- 1 stick (8 T) softened butter **** (for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance)****
- 2 eggs, separated **** (for EGG ALLERGY sub 1 C silken tofu)****
- 1 lime
- 1 small zucchini, grated
- paper cupcake liners for muffin pan

Food Allergen Substitutions

Skillful Skillet Chocolate Chili

Chocolate: Substitute carob chips for chocolate chips.

Dairy: Substitute dairy-free chocolate chips, like Enjoy Life brand. Omit optional cheese and sour cream toppings or use dairy-free/nut-free cheese and sour cream.

Nut: Substitute nut-free chocolate chips, like Enjoy Life brand.

Soy: Substitute soy-free chocolate chips, like Enjoy Life brand.

Zucchini Cornbread Muffins

Dairy: Substitute dairy-free/nut-free milk and dairy-free/nut-free butter.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour for all-purpose flour.

Egg: For 1 egg, substitute 1 C silken tofu.

Instructions

Skillful Skillet Chocolate Chili

chop + measure + sauté

Have kids chop **1 eggplant**, **1 onion**, **1 bell pepper**, and **2 zucchini**. Grownups: Add these to a skillet over medium-high heat with **4 tablespoons of olive oil**. Sauté the veggies until soft, about 5 minutes. Then have kids measure **2 tablespoons of chili powder**, **1/2 teaspoon hot pepper sauce**, **3 teaspoons salt**, **1 teaspoon cinnamon**, and **1/2 teaspoon garlic powder**. Add to the skillet, and cook until fragrant.

open + add + simmer

Open up **1 can of tomato sauce**, **1 can of tomato paste**, and **2 cans of pinto beans** (drained) and add their contents to the skillet. Simmer over low heat, occasionally stirring, for at least 20 minutes, until desired consistency (and up to 2 hours for best flavor).

stir + top + serve

Just before serving, stir in **1/2 cup of chocolate chips** and **1/2 cup of sweet corn**. Top with **shredded cheese**, chopped **green onions**, and **sour cream** if using. Serve with Zucchini Cornbread Muffins (see recipe) or tortilla chips.

Zucchini Cornbread Muffins

dry bowl: measure + mix

Preheat the oven to 375 F. Have kids measure **3/4 cup flour**, **1 1/2 teaspoons baking powder**, **1 pinch of salt**, and **1/2 cup yellow cornmeal** into a medium bowl. Mix together and set to the side.

wet bowl: measure + mix

In another medium bowl, have kids measure and mix together **1 cup milk**, **1/3 cup honey**, and **1 stick softened butter**.

crack + grate

Crack **2 eggs**, separating the yolks from the whites and adding the egg yolks to the wet bowl. Discard egg whites (or save them for another recipe). Cut **1 lime** in half and squeeze the juice into the wet bowl. Next, have kids grate **1 zucchini** into the bowl.

mix + bake

Add the wet ingredients to the dry ingredients and mix just until combined—don't over mix! Pour the muffin batter halfway up in a paper-lined muffin pan. Bake for 20 to 30 minutes or until golden brown and a toothpick comes out clean when stuck in the center of a muffin. Eat these yummy cornbread muffins with your Skillet Chocolate Chili. Muy delicioso!

Featured Ingredient: Zucchini!

Hi! I'm Zucchini!

"I'm very fond of summer, aren't you? After all, I'm a summer squash! I have beautiful, tender green skin, so don't peel it off before cooking, or you'll lose some of my fiber and nutrients. I may be a small gourd, but you wouldn't like my taste as much if I got too big. You can do all sorts of things with me to fit your recipes: slicing, dicing, grating, and even making spaghetti-like noodles out of me using a vegetable peeler or a fancy device called a spiralizer!"

History

Zucchini (*Cucurbita pepo*) is a summer squash of the same family that includes cucumbers and melons. Summer squash is a squash that is picked when immature, while its peel is still tender. Like many other veggies we've seen, zucchini is technically a fruit, not a vegetable! Central and South American people have been eating zucchini for several thousand years. However, the zucchini we know today is an Italian variety of summer squash developed from those of native Central and South America. Christopher Columbus brought squash seeds to the Mediterranean region and Africa. The Native American word for zucchini is "skutasquash," which means "green thing eaten raw."

Anatomy & Etymology

Zucchini grow on vines just like cucumbers do.

Zucchini plants produce male and female flowers on the same plant, with the female flowers directly attached to the fruit and the male flowers attached to a long stem on the plant. Therefore, insects must pollinate the plants for the fruit to grow.

Zucchini can rapidly grow to several feet long, but the smaller ones taste sweeter.

The record for the longest zucchini is 8 feet 3.3 inches. The heaviest zucchini was 64 pounds 8 ounces! It's "zucchini" in the US, Canada, and a few other countries. The word is a plural of the Italian "zucchini" (masculine form—the feminine form, "zucchina" is preferred), which is a diminutive (smaller version) of "zucca" or "gourd."

In France, they say "courgette" (kooor-ZHET), which the British also use. It's a diminutive of the French "courage," which also means "gourd."

How to Pick, Buy, & Eat

Harvesting zucchini when they're between 6 to 8 inches long and 3 to 4 inches in diameter ensures they will be more tender and sweet.

A "bumper crop" of zucchini is an overload of zucchini that grows faster than a home gardener can cook and eat it!

When buying zucchini, choose firm and heavy ones for their size. In addition, fresh zucchini should have bright, glossy skin free of bruises or nicks. Zucchini stay fresh for up to a week when stored in a plastic bag in the refrigerator.

Zucchini is very versatile, and you can use them in both savory and sweet dishes, like ratatouille and zucchini bread.

Fresh zucchini blossoms can be cooked and eaten raw. You can remove the pistils from the female flower blossoms and the stamens from male flower blossoms, but you don't have to. Both have flavor and are edible.

Nutrition

Potassium: helps reduce blood pressure and increase blood flow to and from our hearts.

Manganese: helps wounds heal and bones grow.

Antioxidants: help keep us healthy and healing faster when we're sick.

Fiber: helps us digest our food and absorb nutrients from our food.