



NAME THAT BEAN
Chickpeas are also commonly known as garbanzo beans in the US.

WARNING!
Ask an adult's permission before using the oven.



Make a kale and chickpea Caesar salad

Ingredients

- 1 teaspoon garlic powder
- Kosher salt
- Black pepper
- 1 (13- to 15-ounce) can chickpeas
- ½ cup plus 2 teaspoons olive oil
- ¼ cup mayonnaise
- 2 teaspoons Worcestershire sauce
- Juice of 1 lemon
- Heaping ¼ cup grated Parmesan, plus more for serving
- 1¼ teaspoons grated fresh garlic (from about 2 small cloves)
- 1 teaspoon Dijon mustard
- 1 large bunch green kale

Instructions

1. Heat oven to 350° F. In a medium bowl, stir together the garlic powder, ¼ teaspoon salt, and a pinch of pepper.
2. On a baking sheet, toss the chickpeas with 2 teaspoons of olive oil. Roast in the preheated oven for about 45 minutes until crisp, gently shaking the pan halfway through.
3. With an adult's help, transfer the chickpeas immediately to the bowl with the garlic mixture and stir to coat. Set aside.
4. In a small bowl, whisk together the remaining ½ cup olive oil with the mayonnaise, Worcestershire sauce, lemon juice, ¼ cup Parmesan, grated garlic, and mustard until smooth. Season with salt and pepper and whisk to combine.
5. Put the kale in a large bowl and toss with half of the dressing.
6. Place a portion of salad on a plate and top with the roasted chickpeas and a sprinkle of Parmesan cheese.
7. Serve immediately with the rest of the dressing on the side. Makes 3 large main salads or 6 small side salads.



ECO TIP
OF THE WEEK

WALK OR BIKE TO YOUR DESTINATION

With the weather warming up, it's a great idea to walk or ride your bike whenever you can. It's good exercise and gives you a chance to socialize with other kids your age who are walking to school or biking around town. It also helps reduce pollution from motor vehicles in your neighborhood. You can even talk to your family about starting what's called a "walking bus" for your block, which is a term for a group of kids who meet up near their homes to walk to school together. Just be sure to be safe while walking or biking. Stay on the sidewalk, cross at designated spots with crossing guards, and if biking, always wear a helmet.

Buddy up with a friend.

