



## Apple & Sweet Potato Latkes & Quinoa Salad Equipment and Ingredient List

**PLEASE cook Quinoa the DAY BEFORE. Keep it in the fridge before use**

### Ingredients

1/2 large - Apple  
2 - Sweet potato, large  
1 - English cucumber, medium  
1 - Red bell pepper, medium  
1 - Red onion, small  
2 - Garlic cloves  
1 - Ginger, 1 inch piece (optional)  
1 cup - Italian parsley  
2 each - Lemons large  
2 each - eggs  
1/2 cup - Greek yogurt, full-fat  
  
3 cups - Cooked Quinoa  
1 can - Chickpeas  
1/4 cup - Olive oil  
1/2 cup - Avocado oil  
1 tbsp - Red Wine Vinegar  
2 tbsp - All Purpose Flour (can sub with GF flour)  
1 tbsp salt (divided)  
Pepper to Taste  
Cinnamon (optional)  
Nutmeg (optional)

### Equipment

1 - skillet  
2 - bowl large  
1 - bowl small  
1 - sieve  
1 - whisk  
1 - set of measuring cups  
1 - spatula  
1 - large mixing spoon  
1 - grater for potatoes  
1 - knife  
1 - fork  
1 - cutting board  
1 - sheet pan  
3 - 4 sheets of paper towels  
4 - dinner plates



## Sweet Potato and Apple Latkes

SERVES: 4

Pillar(s) of Nutrition: Eat the Rainbow

### Ingredients

- ½ a large apple, cored
- 1 pound sweet potatoes and yams
- **2 eggs**
- 2 tablespoons **flour**
- ½ teaspoon **kosher salt**
- ¼ teaspoon **black pepper**
- Neutral oil for shallow frying
- Applesauce and plain yogurt for serving.

### Substitution and variations

- Use a mix of regular potatoes in place of the sweet potatoes and onion in place of the apple.
- Try a spiced version by adding 1-2 teaspoons fresh-grated ginger, 2 teaspoons cinnamon, and ½ teaspoon nutmeg to the latke batter.

### Something to Chew On

- Latkes are a traditional Jewish food eaten during Hanukkah.

1. Grate the **apple** and **sweet potatoes** on the large holes of a box grater.
2. Put the vegetables into a bowl and mix in the **eggs, flour, salt, and pepper**.
3. Heat the **oil** in a large frying pan until it shimmers.
4. Use a ¼ cup measure to scoop the latke mixture into the hot pan. Carefully flatten the scoops into pancakes.
5. Cook the latkes until each side is golden brown and crispy, adding a little more oil between batches.
6. Sprinkle with a bit more **salt** while the latkes are still warm.
7. Serve with a dollop of Greek yogurt.



## Favorite Quinoa Salad

SERVES: 4

Pillar(s) of Nutrition: Eat the Rainbow, Lean on Protein

### Ingredients

#### Salad

- 1 cup uncooked **quinoa**, rinsed in a fine mesh strainer
- 2 cups **water**
- 1 can **chickpeas**, rinsed and drained
- 1 medium **cucumber**, seeded and chopped
- 1 medium **red bell pepper**, chopped
- ¾ cup chopped **red onion**, from one small onion
- 1 cup finely chopped **parsley**, from one large bunch

#### Dressing

- ¼ cup **olive oil**
- ¼ cup **lemon juice** (from 2-3 lemons)
- 1 tablespoon **red wine vinegar**
- 2 cloves **garlic**, minced
- ½ teaspoon **kosher salt**
- **Black pepper** to taste

### Substitution and variations

- Serve on lightly dressed greens
- Top with crumbled feta

### Something to Chew On

- What ingredient has protein?

For more recipe ideas, visit [kidscookingforlife.org](http://kidscookingforlife.org).

### Salad:

1. Combine the rinsed **quinoa** and **water** in a medium saucepan.
2. Bring to a boil over high heat, then reduce the heat to a gentle simmer.
3. Cook, uncovered, until all the water is absorbed and the **quinoa** grains have expanded and are tender.
4. Remove from heat, cover, and let the **quinoa** rest for 5 minutes to give it time to fluff up.
5. Prep the **chickpeas** and vegetables - rinse and drain the **chickpeas**, chop the **cucumber**, **bell pepper**, **onion**, and **parsley**.
6. Add the **chickpeas** and vegetables to a large serving bowl and set aside.

### Dressing:

1. Whisk together the **olive oil**, **lemon juice**, **vinegar**, **garlic**, **salt**, and **pepper** until emulsified. Taste and adjust seasoning. Set aside.

### For Serving:

1. Uncover **quinoa** and fluff with a fork, allow to cool slightly.
2. Add the **quinoa** to the bowl with the veggies and drizzle over the dressing.
3. Toss to incorporate all the ingredients and season with **pepper** and more **salt** if needed.
4. For the best flavor, let the salad rest for 5-10 minutes before serving.