

SPANAKOPITA

Serving Size: 12 servings, 1 per student

Ingredients:

- 1 sheet Phyllo dough, frozen (NUT & SESAME FREE)
- 4 oz fresh spinach
- 1/4 cup ricotta cheese
- 1/4 cup crumbled feta cheese
- 1/8 tsp salt
- 2 tbsp olive oil, for greasing
- 12 foil muffin tins

PREP BEFORE CLASS:

Preheat the oven to 365°F. Grease muffin tins with olive oil.

Directions:

1. Carefully cut Phyllo dough into smaller squares that will fit into muffin tins.
2. Pass a foil tin and a piece of phyllo dough to each student and have students place it into muffin tins.
3. Pass out spinach leaves to students.
4. Instruct students to chop up spinach leaves into tiny pieces.
5. Have students help measure ricotta, feta, and salt into the bowl.
6. Help students spoon 1 tbsp filling into phyllo dough. Instruct students to top with chopped spinach.
7. Bake for 8-10 minutes or until cheese is melted and edges of the pastry are golden brown. Keep an eye on the oven as cooking time may vary. Cool and serve. Enjoy!

DID YOU KNOW?

Spinach is best eaten fresh! It loses its nutritional properties with each passing day. And is an excellent source of iron.



DID YOU KNOW?

Most Ancient Greeks ate a diet that was almost vegetarian!

HUMMUS

Serving Size: 12 servings

Ingredients:

- 1 can 15 oz chickpeas, drained and rinsed
- 2 garlic cloves
- 1 lemon
- 4 tbsp olive oil
- 1 tsp ground cumin
- Salt to taste
- Pita chips for serving (NUT & SESAME FREE)

PREP BEFORE CLASS:

Open can of chickpeas. Drain and rinse the chickpeas. Prepare the food processor or blender.

Directions:

1. Cut lemon in half, have students squeeze into a bowl to collect juice. Remove seeds.
2. Have students measure and add chickpeas, garlic, and lemon juice in a food processor or blender.
3. Blend until smooth. Add oil, two tablespoons at a time, and blend until desired consistency.
4. Season with salt and cumin. Stir well. Serve with pita chips.
5. Enjoy!



DID YOU KNOW?

Greek Yogurt is actually Turkish and it is a superfood!



DID YOU KNOW?

Greek yogurt is yogurt that has been strained to remove its whey, resulting in a thicker consistency.

GREEK YOGURT CHOCOLATE "PUDDING"

Serving Size: 12 servings, 1/4 cup per student

Ingredients:

- 3 cup Greek yogurt
- 3/4 cup heavy cream
- 1/2 cup cocoa powder (NUT & SESAME FREE)
- 6 tbsp honey (plus more to taste to drizzle)
- 1 tbsp vanilla extract
- pinch of salt
- 12 cups for serving

Toppings:

- 1 banana, sliced
- 1/2 cup chocolate chips (NUT & SESAME FREE) /or grated chocolate (NUT & SESAME FREE)

PREP BEFORE CLASS:

Prepare the blender.

Directions:

1. Have students measure and all the ingredients in a blender and whip until fluffy and glossy.
2. Arrange in cups.
3. Have students slice bananas. Instruct students to add bananas and chocolate chips or grate chocolate on top.
4. Drizzle with more honey, if desired.
5. Enjoy!

LESSON 6: GREEK CUISINE

SHOPPING LIST

Ingredients to buy:

- 1 can 15 oz chickpeas
- Pita chips for serving (NUT & SESAME FREE)
- 1 sheet Phyllo dough, frozen (NUT & SESAME FREE)
- 1/2 cup cocoa powder (NUT & SESAME FREE)
- 1/2 cup chocolate chips /or grated chocolate (NUT & SESAME FREE)
- 1 tsp ground cumin

- 2 garlic cloves
- 1 lemon
- 4 oz fresh spinach
- 1/4 cup ricotta cheese
- 1/4 cup crumbled feta cheese
- 3 cup Greek yogurt
- 3/4 cup heavy cream
- 1 banana

Ingredients in the bin:

- Honey
- Vanilla extract
- Salt
- Olive oil
- 12 cups
- 12 foil muffin tins

OBJECTIVES

- Identify at least three staples in Greek cuisine
- Learn about the health benefits of spinach
- Explain what we can use chickpeas for

STAR INGREDIENT: SPINACH



- Spinach has a long history and is believed to have originated in ancient Persia (modern-day Iran).
- Spinach is incredibly nutritious and is often referred to as a "superfood." It is an excellent source of vitamins A, C, and K, as well as iron, calcium, and fiber, making it a great addition to a healthy diet.
- Spinach is used in various cuisines around the world. It can be eaten raw in salads, cooked in stir-fries, soups, and stews, or blended into smoothies.

INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes, guess what we are making, and which cuisine the recipes belong to.
- Let's explore some common ingredients and spices that play a starring role in Greek cooking: olive oil, herbs, citrus fruits, feta cheese, yogurt, and vegetables like eggplant, zucchini, and artichokes.
- There are many famous Greek dishes, such as souvlaki (skewers of marinated meat), dolmades (stuffed grape leaves), tzatziki (yogurt dip), and baklava (pastry with nuts and honey).

DEVELOPMENT

🕒 5-7 min

- As you are completing the Spanakopita recipe, discuss Star Ingredient: Spinach.
- As you are transitioning to the Hummus recipe discuss the following: What is Hummus? Hummus is a popular Mediterranean and Middle Eastern dip or spread made primarily from cooked and mashed chickpeas (also known as garbanzo beans) traditionally blended with tahini (a paste made from ground sesame seeds), lemon juice, garlic, and olive oil. It is a versatile and nutritious dish that has gained popularity worldwide.
- Hummus is incredibly versatile. It can be used as a dip for pita bread, crackers, or fresh vegetables, or spread on sandwiches or wraps.

LESSON 6: GREEK CUISINE

STAR TECHNIQUE: FILLING

- Filling refers to a mixture of ingredients that is used to stuff or fill another food item, adding flavor, texture, and sometimes moisture to the dish.
- Fillings can be used in a wide range of dishes, from savory to sweet. Some common examples include stuffed vegetables, filled pastries, stuffed pasta, stuffed chicken breasts, or even filled desserts like pies or cakes.
- Once the filling is prepared, it can be used to stuff or fill the desired food item. This can involve wrapping dough around a filling, stuffing a vegetable, or layering the filling between sheets of pasta.

COOKING PRO

To easily peel garlic cloves, try this simple trick: Place the clove on a cutting board and gently press down on it using the flat side of a chef's knife or the heel of your hand. Applying slight pressure will loosen the skin, making it easier to remove.


Once the skin is loosened, simply peel it off and proceed with mincing or chopping the garlic as needed. This method saves time and frustration compared to peeling each clove individually.



GREEK CUISINE

- Discuss a few popular Greek dishes in more detail, describing their ingredients and preparation methods.
- Moussaka: Moussaka is a layered casserole dish made with eggplant, potatoes, and ground meat (typically beef or lamb).
- Souvlaki: Souvlaki refers to skewered and grilled meat, often served with pita bread and tzatziki sauce.
- Spanakopita: Spanakopita is a savory pastry filled with spinach, feta cheese, and herbs. The filling is wrapped in layers of phyllo dough, which becomes crisp and golden when baked. Spanakopita is a delicious and satisfying dish that showcases the combination of delicate phyllo pastry and the rich flavors of spinach and cheese.
- Tzatziki: Tzatziki is a refreshing and tangy yogurt-based sauce commonly served as a condiment in Greek cuisine. It is made with strained Greek yogurt, cucumber, garlic, lemon juice, and fresh herbs like dill or mint.
- Baklava: Baklava is a sweet and indulgent pastry made with layers of phyllo dough, nuts (typically walnuts or pistachios), and a sweet syrup made with honey or sugar. The layers are baked until golden and then soaked in the syrup, resulting in a rich and sticky dessert. Baklava is enjoyed for its delicate layers of pastry and the combination of crunchy nuts and sweet syrup.
- Encourage students to ask questions and share any experiences they may have had with Greek food.

END OF CLASS CHECKLIST

 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal

