



MEXICAN FRIJOLEMOLE

Frijolemole is a spicy chickpea dip with an interesting crunchy texture eaten in Mexico. Try it with breadsticks, vegetable sticks, or toasted pitta.



Skills Check: Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; snip herbs with scissors; use measuring spoons and cups; mash; use a citrus squeezer; use the hob (with adult supervision); season to taste; tidy away.

Equipment: Knife, chopping board, frying pan, measuring spoons, food processor, bowl.

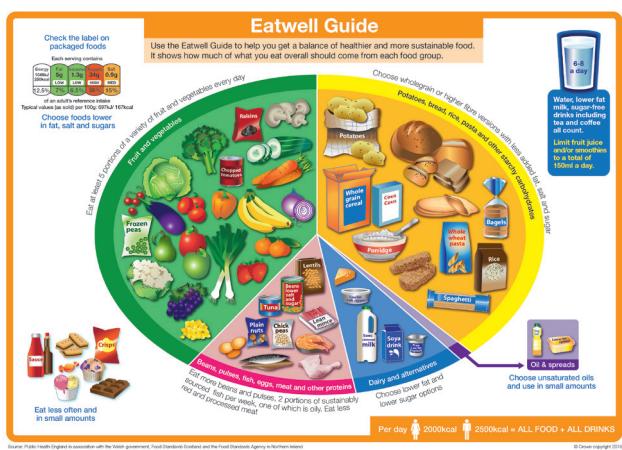
Ingredients (serves 12 children):

- Tin of chickpeas, drained
- 1 tbsp groundnut oil
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 3 spring onions, trimmed and finely chopped
- 1 fresh chilli, de-seeded and finely chopped
- 2 tbsp fresh lime juice
- 1 large tomato, skinned and chopped
- 1/2 tsp Tabasco sauce
- 1 tbsp chopped fresh coriander
- 2 level tbsp plain fromage frais
- Pepper, to taste

Method

1. Heat the oil in a small frying pan and gently sauté the onion for 5 minutes, then add the garlic and cook for another 5 minutes.
2. Place the chickpeas in a food processor along with the sautéed onion and garlic and any oil left in the pan.
3. Add the lime juice and blend until you have a smoothish puree - if necessary add a couple of tablespoons of water.
4. Empty the content of the processor into a bowl and add the tomato, chilli, spring onions, Tabasco sauce, coriander and fromage frais.
5. Taste to check the seasoning and add Tabasco or pepper if it needs a little more of a kick!
6. Cover the bowl and chill until needed.
7. Garnish with some flat-leaf parsley.

MEXICAN FRIJOLEMOLE Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 60g serving

ENERGY
233KJ / 56kcal

3%

FAT
1.9g

3%

SATURATES
0.2g

1%

SUGARS
1.1g

1%

SALT
0.2g

3%

% of an adult's reference intake
Typical values per 100g : Energy 389KJ / 93kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

So, thinking about Frijolemole

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Chickpeas are legumes and like other legumes (beans, peas and lentils) they are packed with protein and fibre. They are also low in calories and fat and contain a number of minerals which are thought to be hugely beneficial to our health.



Fromage Frais is a type of smooth fresh soft cheese with the consistency of thick yoghurt. It is an excellent source of protein and calcium.

