

# About Highlander Chefs Campus-Based Food Literacy

The Highlander Chefs, a UCR undergraduate-run organization, is dedicated to informing students on the accessibility of preparing healthy and affordable meals.

## READ MORE AT:

<http://globalfood.ucr.edu/>

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# Guacamole, Hummus, & Salsa

## Guacamole Ingredients

- 3 ripe avocados
- 3/4 cup of finely chopped Roma tomato
- 2 Serrano chiles finely chopped (seeded and deveined)
- 3 heaping tablespoons of finely chopped onion
- 3 tablespoons of minced cilantro
- 3/4 of a teaspoon of salt



## Salsa

- 1/4 small onion
- 2 small cloves peeled garlic
- 1/2 jalapeño, seeded and membranes removed or leave in for spicy
- 14.5 ounce can diced tomatoes
- handful cilantro
- juice of 1 lime
- 1/4 teaspoon kosher salt



## Hummus Ingredients

- 1 15-ounce can of chickpeas, rinsed
- 1 clove of garlic
- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons tahini (sesame seed paste, optional)
- 1 teaspoon ground cumin
- kosher salt
- 1/4 teaspoon paprika



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*"Changing our food choices is a powerful way to drive improvements in our health and our planet."*



## A PROGRAM SUPPORTED BY



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## BETTER FOR YOU



# MOVE LEGUMES AND NUTS TO THE CENTER OF THE PLATE

Nuts, beans and legumes are packed with protein and also contain fiber, both of which are helpful to keep you feeling fuller longer. Beans are an excellent replacement for animal protein and are also great for the environment because they replace nitrogen in the soil and produce large quantities of protein per acre compared to animal proteins.

Beans are also cheap! So move them to the center of your plate rather than a side dish. Replace ground beef in tacos with black beans and veggies, add beans to your salad instead of chicken, beans are also great in soups. If using canned beans, just be sure to rinse well under water to remove excess salt.

### READ MORE AT:

<http://www.menusofchange.org/dining.ucr.edu/seedsofchange/>

## INSTRUCTIONS:



1

### Making Guacamole

#### Standard Method:

Remove the flesh of the avocado and mash it with the back of a fork. Add the other ingredients and incorporate evenly. Add salt to taste.

#### Molcajete Method:

Add the chopped onions, serrano chiles, cilantro and salt to the molcajete. Grind the ingredients until you obtain a smooth paste. Add the avocados and grind until slightly chunky. Add the tomatoes to the molcajete, but do not grind the tomatoes. Add salt to taste.



2

### Making Hummus

#### Step 1:

In a food processor puree the chickpeas and garlic with the olive oil, lemon juice, tahini, cumin, and 3/4 teaspoon salt until smooth and creamy. Add 1 to 2 tablespoons water as necessary to achieve desired consistency.

#### Step 2:

Transfer to a bowl. Drizzle with olive oil and sprinkle with paprika before serving.



3

### Making Salsa

#### Standard Method:

Place everything into a food processor and pulse a few times until combined and chunky. Do not over process.

## BETTER FOR THE PLANET

### What can you do to contribute to a healthy planet?

The easiest thing you can do is check out the **LABEL** on the products you buy. As consumers, if we stop supporting companies that use unsustainable food production practices, we can pressure them to make changes within their business – changes that will ensure a sustainable future and the survival of the planet's ecosystems and biodiversity.

### The Avocados case:

Moderate and even high levels of beneficial fats in the diet that come from avocados are associated with optimal nutrition and healthy weight. In fact the avocado is the only fruit that provides a substantial amount of healthy monounsaturated fatty acids (MUFA). Unfortunately, one of the main problems with avocados is the tremendous amount of water it requires.

### Result:

It takes 320 liters of water to grow one avocado. This causes incredible strain on the water conservation efforts that are currently being implemented in the agriculture industry. Fortunately, there are many efforts in agriculture research to reduce and find other methods to grow avocados at an optimal level with the lowest amount of water needed.

### Message:

While avocados fall somewhat short in terms of sustainable, they are still incredibly nutritious and delicious. The next time you decide to use avocados, be more mindful of the amount of water and environmental impact it has.

- "Menus Of Change." Principles of Healthy, Sustainable Menus
- "How much water does it take to grow an avocado?" Danwatch
- "Cotton and Avocados, not sustainable? The thirsty truth." Electric Feel, 18 Aug. 1970