

# FRiday Community Cooking Night

## Chick'n Sandwich & Creamy Ranch Sauce

Fri 5/28 at **4:00pm** on Facebook Live @FoodRightInc

### Bring these things to the lesson:

#### Ingredients

##### Chick'n Sandwich Ingredients    Creamy Ranch Sauce Ingredients

- 1 (15 oz) can chickpeas, drained & rinsed
  - 1 large egg
  - 1/4 cup cornmeal or breadcrumbs
  - 1-2 Tbsp all-purpose flour
  - 2 green onions, minced
  - 1 tsp Knorr chicken bouillon powder (*optional*)
  - 1/2 tsp garlic powder or 2 garlic cloves, minced
  - 1/2 tsp smoked paprika
  - 1/4 tsp salt
  - 2 pinches cayenne pepper
  - 2 pinches black pepper
  - 1-2 Tbsp hot sauce (*optional*)
  - Oil for cooking
  - Whole wheat buns
- 1 (5.3 oz) container plain Greek yogurt
  - 2 tsp mayonnaise
  - 1/2-1 tsp Dijon mustard
  - 1/4 tsp onion powder
  - 1/2 lemon juiced
  - 1/2 tsp sugar
  - 1 Tbsp dill, minced
  - Salt & black pepper to taste
- ##### Optional Toppings
- Lettuce or leafy greens
  - Red onion, sliced
  - Tomatoes, sliced
  - Pickles, sliced



#### Cooking Equipment

- Can opener
- Colander
- Cutting board
- Dry measuring cups
- Hot mitts
- Large mixing bowl
- Large skillet
- Masher or fork
- Measuring spoons
- Paring knife or chef's knife
- Prep bowls (*optional*)
- Scissors
- Small mixing bowl
- Spatula for flipping
- Stove

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