

Families:

Pilot Light Family Meal Lessons are designed to easily bring food education into your home. We recommend using the Family Resources in the following way:

1. Watch the Family Meal video for the lesson as a family.
2. Make the recipe as a family.
3. In the Common Core Connections section, children can learn through and about food while strengthening Common Core English Language Arts or Math skills.
4. Family Discussion questions and Extension Activities are provided to allow learners of all ages opportunities to participate in the learning experience!



Pilot Light Family Meal Lesson
Sweet Potatoes with Chimichurri
+ Grades 6-8 Common Core English Language Arts -
Writing in History and Social Studies

Suggested Recipe Age Range: 12-15

Recipe by Chef Maureen Neer

Sweet Potatoes with Chimichurri**Ingredients:**

- Roasted Sweet potatoes:
- 4 sweet potatoes, whole
- 3 Tbs. olive oil
- a big pinch of salt (preferably kosher)

Chimichurri:

- 1 bunch of parsley, big stems removed & roughly chopped
- 2 tsp. dried oregano
- 2 garlic cloves or 1 tsp garlic powder
- 3 Tbs. apple cider vinegar or white vinegar
- 1 tsp chili flakes
- 2 tsp. salt (preferably kosher)
- 1 cup olive oil

Materials:

- Stovetop
- large pot
- and oven



- mixing bowl
- sheet pan
- Knife and cutting board
- optional: food processor

Directions:

1. Heat oven to 400 degrees.
2. Place whole sweet potatoes in a pot (one large enough to accommodate the potatoes and water). Cover with cold water, filling an inch above their tops. Place pot on stove over high heat, and bring the potatoes to boil (cover pot if you have a lid, if not, just watch the water levels so there's always plenty of water for the potatoes to swim around in!). Boil potatoes until a knife can easily go through the middle. They should be cooked through but not falling apart. Remove the potatoes and place on a cutting board until you're able to handle them.
3. Slice the potatoes into discs that are 1/2" thick--try to keep the skins on, as they end up being yummy and crunchy!. Place the sliced potatoes in your mixing bowl, and lightly toss the discs in olive oil and salt to coat. Transfer to your sheet pan in a single layer. I like to line my pan with parchment paper or foil, so the clean up is easy. Bake the potatoes until they're brown on crunchy on the bottom, turning them halfway through. I flip them over after about 15-20 minutes, and then keep an eye on them--normally this takes about 35-40 minutes. While the potatoes are roasting, it's the perfect time to make the chimichurri!

If you have a food processor:

4. Put everything in the processor and blitz until the parsley is small and the olive oil has taken on a green hue, about 2 minutes.

If you're making it by hand:

5. Mince the parsley. It's ok here to still have some of the smaller stems in the mix, they taste good and that means less waste! Just discard the really big, fibrous stems as that's not good eating. Once the parsley is minced, combine it with the remaining ingredients in a mixing bowl. Taste and add seasonings as you like it. This Chimichurri recipe is the most basic one, but you can get creative and add other herbs (mint is great!). Chimichurri can be kept for a couple weeks in the fridge, thanks to the olive oil--the fat keeps oxygen off the mix, meaning its safe and sound from bacteria and oxidation--neat! Chimichurri is also great on steak, chicken, tilapia, broccoli...pretty much any meat or vegetable where you want a nice herby, acidic punch!
6. Once the potatoes are nice and crispy, remove them from the pan and place on a plate. Gently spoon some chimichurri over the potatoes, and boom! A delicious (and cheap) side dish.

Common Core Connections:

Grades 6-8 Common Core English Language Arts - Literacy - Writing in History and Social Studies

CCSS.ELA-LITERACY.WHST.6-8.2

Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.

CCSS.ELA-LITERACY.WHST.6-8.2.B

Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples.

What does this mean?

Students will write a short essay using details pulled from texts explaining why myths are created using details about the myths surrounding chimichurri.

In this lesson, you (the student) will be working on

- Pulling details from articles
- Creating a main idea
- Supporting the main idea with relevant details
- Explaining those details in their own words

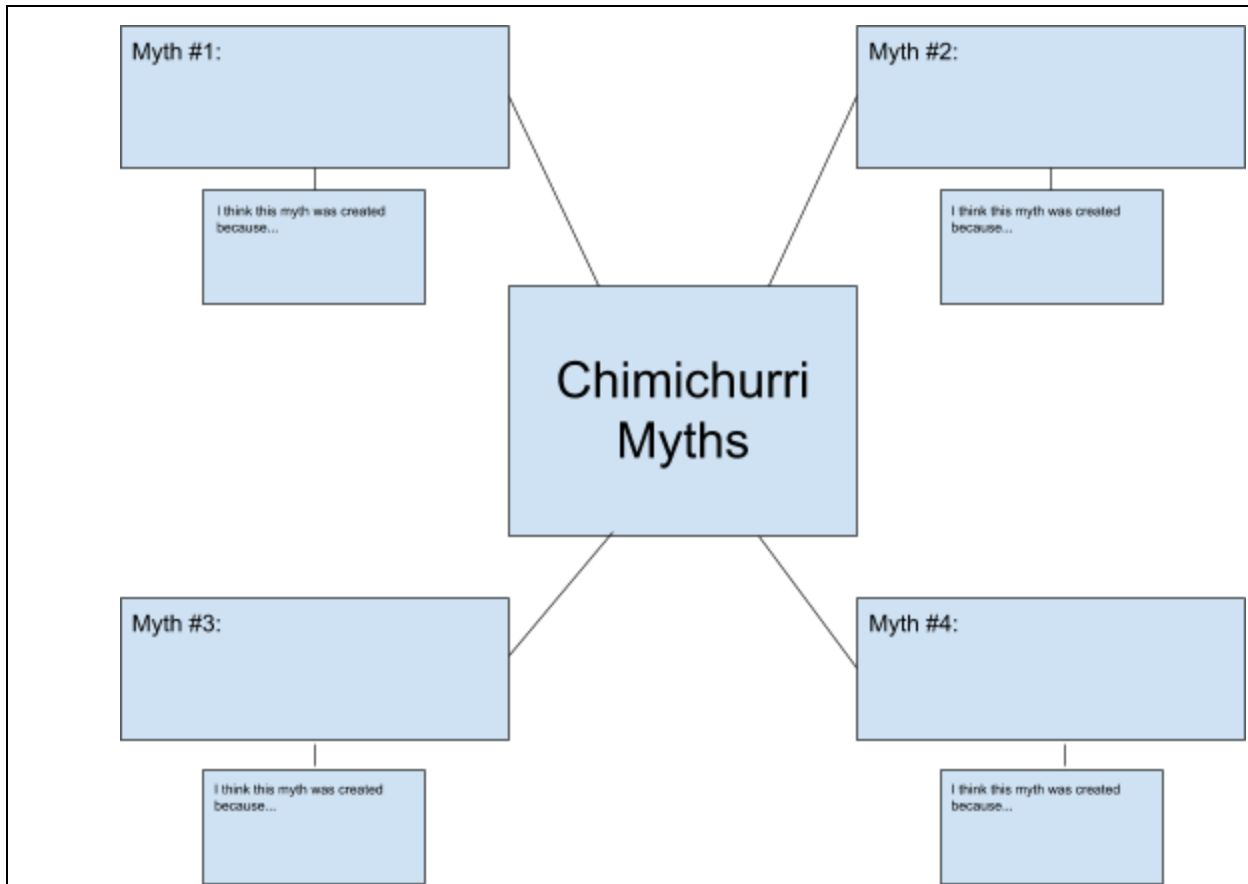
What does this look like?

Materials needed:

- Recipe for chimichurri (provided above)
- Article “A Brief History of Chimichurri: Argentina’s Favorite Sauce” by Jerry Nelson on *Culture Trip*:
<https://theculturetrip.com/south-america/argentina/articles/a-brief-history-of-chimichurri-argentinas-favorite-sauce/>
- Computer for additional research
- Highlighter (optional)
- Paper
- Pencil

Directions:

1. Read the directions for how to make chimichurri.
2. Discuss the most important ingredients.
3. Discuss why you think it’s included in this recipe or any dish. What does it add to the dish?
4. Read the article about the history of chimichurri.
5. Summarize what myths were created around the chimichurri. Have your student highlight the main idea from each of the myths.
6. Use a graphic organizer to begin to plan out how you could answer the question: What are there myths about chimichurri? Why do you think this myth exists? (Think about why myths are created about other ideas as well)



7. Now, choose 1 myth to research further. Where did it originate? How did it start? Why is it untrue?
8. Write a short essay explaining why myths are created. Use the myth about chimichurri to support your idea. Be sure to include clear details to support your claim!

Family Discussion Questions:

Families/children could discuss or write about:

- What other myths can you think of?
- Why are myths so common?
- What is the purpose of a myth?
- Why do we still have myths even with all the scientific discoveries that have been made?
- Have you had any of the other sauces chimichurri is compared to. What similarities do you see between them? What differences do you see?

Extension Activities:

Here are some suggestions for additional activities that relate to this recipe:

- Write a creative story about how a famous myth was created! Create your own characters. Challenge yourself to include dialogue and historical details!
- Make some of the other sauces that are discussed in the myths. How are they similar to chimichurri? How are they different?

This original Family Lesson was written by Pilot Light Food Education Fellow, Kate Noggle.