



Kitchen Patrol is **Lantern's** project to teach children the skills they need for a lifetime of healthy cooking and eating. Over the last five years, in partnership with UNC's Sonja Haynes Stone Center for Black Culture, we have taught weekly cooking classes with 4th and 5th grade students from Chapel Hill-Carrboro City Schools in Lantern's community kitchen and dining room in downtown Chapel Hill. In March 2021, in partnership with **No Kid Hungry** and **EAT NC**, we are launching a program of live online cooking classes, with complete ingredient boxes delivered directly to the home kitchens of underserved elementary school students and their families in Orange County, Durham and Chapel Hill-Carrboro.

In partnership with Bull City Schools, Food Insight Group, Director of Child Nutrition Services for Durham Public Schools Jim Keaton and participating Durham, Wake, and Orange County restaurants, **EAT NC** (formerly Durham FEAST), has distributed over 1 million meals to underserved children and their families in Durham and Orange Counties.

Andrea's Carrot Dip Serves 10 as a snack

We make this crowd-pleasing dip with our Kitchen Patrol students and also sometimes include it in the meal kits that Lantern prepares for Eat NC.

- 1 pound raw, unpeeled carrots, sliced into rounds
- 1/3 cup olive oil
- 1/3 cup cooking liquid from carrot and garlic
- 2 teaspoons salt, or more to taste (plus salt for seasoning water)
- 1.5 tablespoons of ground coriander
- 2 teaspoons of ground cumin
- 1 teaspoon of ground cinnamon
- mild chile pepper or paprika, to taste
- olive oil and fresh herbs for garnish (optional)

Cover sliced carrots with water, seasoned generously with salt. The water should taste salty like the sea. Bring to a boil and cook for around 10 minutes, then add the garlic cloves and cook for 5 more minutes or until carrots are soft.

Drain cooking liquid and reserve.

In a blender or food processor, puree 1/3 of the carrots and garlic until smooth. Add all of the tahini and some of the cooking liquid to aid in pureeing. Add just a little cooking liquid at first, only adding as needed. You don't want the mixture to become too thin.

Add the remaining carrots and garlic and pulse until minced but uniformly slightly chunky. The final dip should resemble a chunky mix suspended in a puree.

Fold in the salt, spices, oil, and lemon juice. If still too thick, add a little more cooking liquid. Taste for salt and lemon juice and adjust, as needed.

Top with olive oil and herbs, and enjoy with crisp vegetables, crackers, chips, or toast.