

https://us02web.zoom.us/j/83709961306?pwd=ZDdOZ3lrUk9zYTNTnRDIHUE4vQU5NUT09



Online Class Preparation

Equipment: These are the tools that will be needed to complete this class

Food processor with chopping blade	Large rimmed baking sheet
Chef's knife	Blender or small bowl/whisk
Cutting board	1 large bowl
1 small/med. Airtight container	Measuring spoons
1 liquid measuring cup	Colander

Prep: This is the mise en place or preparation needed to be completed before the class. If this is not completed, it will be impossible to keep up with the class. Have each item set aside in separate small bowls.

- The night before class, please soak your dried chickpeas in a bowl of water, covering the beans by at least 3-4 inches. Do not cook them. If you forget to soak them the night before or are not sure how to do it, follow the instructions in the [attached video](#) for an overnight soak as well as a quick soak using boiling water.
- Prepare anything you want to use as the base for your bowl. Rice (brown, black or white), black lentils, feta, hot sauce ([harissa](#)), greens (shredded baby kale, arugula, romaine, spinach, etc.)
- Have cleaned and available all the equipment noted above
- Before class begins, please read through all of the recipes so that you are familiar with them.