

Let's cook! Station Set-Up and Recipe Script

Station Set-Up: 3-Bean Salad

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 green pepper	1 chef's/utility knife
1 large bowl		
1 medium bowl (placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		

Station #2		
Equipment	Ingredients	Provide during Let's cook!
1 can opener	can of green beans	none
1 colander	can of pinto or garbanzo beans	
1 large bowl	can of kidney beans	
2-quart plastic spill-proof pitcher with a lid, filled with water		
1 liquid measuring cup		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 set of measuring spoons	sugar	none
1 small bowl	apple cider vinegar	
1 dinner fork	black pepper	
1 rubber spatula/scrapper	vegetable oil	

Station #4		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	3 ounce cups
1 serving tray		plastic forks
		napkins
		salt shaker

Recipe Script for Preparing: 3-Bean Salad Lesson: *Plan, Shop, \$ave*

Begin the recipe preparation by inviting all the participants to stand around the food preparation area and reading the list of ingredients from the recipe.

Today, we need to chop the green pepper; open, drain, and rinse all three cans of beans; and measure the rest of the ingredients.

When using canned food products, it is important to wash the tops of the cans before opening them. If there is dust, dirt, germs or other harmful particles on the can, these things may get into the food when we open the can with the can opener. I washed the tops of all the cans and the green pepper before class.

Ask for volunteers to help with the preparation of the recipe.

I need 3 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 3 volunteers. Combine steps (to have fewer volunteers) or divide tasks (to have more volunteers) as you think would work best to involve as many participants in the food activity as possible.

If food preparation stations were set up before class, assign each volunteer a station and add knives and cold food items from the cooler to the appropriate stations. If there wasn't room to set up stations before class, provide volunteers with the appropriate equipment and ingredients listed for each station now.

As you assign each volunteer their tasks, demonstrate how to mince, dice or chop their ingredient and provide several pieces for the participant as an example on their cutting mat. Follow up with the participants once they have completed their task to be sure each ingredient was cut to the indicated size. If the food pieces are too large, ask the participant to cut any large pieces in half.

Station #1:

- **Equipment:** 1 cutting mat, 1 large bowl, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** 1 green pepper
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

I placed a bowl in the center of the table. As you prepare the ingredient(s), please put any food scraps in this bowl.

At the center of the table, I have also placed a variety of sizes of plastic bags. If you have any leftover ingredients, please put these ingredients in one of these bags. I will collect the leftovers as we are cleaning up and put them in the cooler to keep these items cold.

_____ you will chop the pepper. Let me show you how to chop the pepper.

Demonstrate how to chop the pepper using the script below and provide several ½ inch pieces of pepper as an example for the participant on their cutting mat.

Start by cutting the pepper in half through the stem and removing the seeds and membranes. We're only using half of the pepper today, so I will set one of the pepper halves aside. Next, with the flat side on the cutting mat, cut the other half of pepper length-wise into ½ inch strips. Then, rotate the pepper strips 90 degrees and cut those strips into ½ inch pieces.

_____ please chop the remaining green pepper. Then, place the chopped pepper into the bowl and pass it to _____

Station #2:

- **Equipment:** 1 can opener, 1 colander, 1 large bowl, a 2-quart plastic spill-proof pitcher with a lid filled with water, 1 liquid measuring cup
- **Ingredients:** can of green beans, can of pinto or garbanzo beans, can of kidney beans

_____ while _____ chops the green pepper, please open the cans of beans. Drain all 3 cans of beans into the colander over the bowl. Then, rinse the beans with 3 cups of water to remove the excess salt. Add the beans to the bowl with the green pepper and pass the bowl with the beans and the pepper to _____

Station #3:

- **Equipment:** 1 set of measuring spoons, 1 small bowl, 1 dinner fork, 1 rubber spatula/scrapper
- **Ingredients:** sugar, apple cider vinegar, black pepper, vegetable oil

_____ you will use the measuring spoons to measure the ingredients for the dressing for the salad.

When measuring ingredients, never measure over the mixing bowl containing the other ingredients. You may accidentally over pour the ingredients and excess ingredients would fall into the mixture. This could ruin the whole batch, depending on the ingredient and how much was spilled. Measure over the sink, another bowl, or a sheet of wax paper to catch any excess.



Spillage caught on wax paper can be returned to that ingredient's container. When measuring herbs and spices here in class, measure over the bowl I placed at the center of the table for food scraps.

First, measure 2 teaspoons of sugar and ¼ teaspoon of black pepper and place them in the bowl. Then, measure 6 tablespoons of vinegar and add it to the dry ingredients in the bowl. Last, measure 3 tablespoons of vegetable oil, add it to the bowl and whisk all the ingredients thoroughly with a fork.

Pour the mixture over the beans, and stir everything together with a rubber spatula/scrapper.

Share the *Be Creative!* tip with the participants.

When you make this at home, you can add minced onions, any other vegetables you have on hand, and/or cooked pasta. You can also prepare it in advance and chill overnight for better flavor.

Station #4:

- **Equipment:** 1 dinner spoon, 1 serving tray
- **Tasting supplies:** 3 ounce cups, plastic forks, napkins, salt shaker

*Now, we are ready to taste the **3-Bean Salad!** Names of Volunteers #1 and #2, using the tasting supplies and serving tray, please serve everyone a taste of the recipe and pass around the salt shaker while you're serving the tastes.*

*Everyone: the recipe calls for salt as an optional ingredient. Please taste the **3-Bean Salad**, and add a little bit of salt if you'd like.*

Ask the participants about the recipe while they are eating.

What do you think of this recipe? Do you think your family would like this dish?

*Beans are high in protein and fiber and naturally low in fat. Consider serving this **3-Bean Salad** as a healthy and satisfying side dish at your next family barbecue or picnic.*

When you make this at home, be sure to refrigerate any leftovers within 2 hours and eat them within 3 to 5 days.