

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

Station Set-Up: Cabbage Stir-Fry

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 onion	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 cutting mat	1 green pepper	1 chef's/utility knife

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 green pepper	1 chef's/utility knife

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	½ head of cabbage	1 chef's/utility knife

Station #5		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	½ head of cabbage	1 chef's/utility knife

Station #6		
Equipment	Ingredients	Provide during Let's cook!
electric skillet	vegetable oil	none
1 set of measuring spoons	garlic powder	
1 large cooking spoon	soy sauce	
1 dinner fork		

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Station #7		
Equipment	Ingredients	Tasting supplies
1 large cooking spoon	none	small paper plates
1 serving tray		plastic forks
		napkins

Recipe Script for Preparing: Cabbage Stir-Fry Lesson: *Fruit & Veggies: Half Your Plate*

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.

For today's recipe, we need to chop the fresh vegetables (onion, green peppers, and cabbage) and measure the other ingredients. I washed the vegetables before class.

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

I need 6 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 6 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, cooking will take longer). 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 onion
- **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.

Start by cutting the pepper in half through the stem and removing the seeds and membranes. Next, with the flat side on the cutting mat, cut each half of pepper into ½ inch strips. Then, rotate the pepper strips 90 degrees and cut those strips into ½ inch pieces.

Names of Volunteers #2 and #3, please chop the remaining green peppers. Add the chopped green pepper to the bowl with the onion and pass it to Name of Volunteer #4.

Station #4 and #5:

- **Equipment:** 2 cutting mats (1 at each station)
- **Ingredients:** cabbage (½ head of cabbage at each station)
- **Provide during *Let's Cook!*:** 2 chef's/utility knives (1 at each station)

Name of Volunteers #4 and #5, you're going to chop the cabbage.

Note: This recipe calls for 1 medium cabbage.

Demonstrate how to chop the cabbage using the script below and provide several ½ inch pieces of cabbage as an example for the participants on their cutting mats.

Place the cabbage with the core on the cutting mat and cut the cabbage in half. Next, you'll want to cut the cabbage into quarters, so cut each of your halves in half. Turn the quarters so the cut side is facing up. At the bottom of each quarter, you'll see the cabbage's hard center core. To remove the core, hold the quarter cabbage in one hand, with the core resting on the cutting mat. Then, cutting down toward the cutting mat, cut off and discard the core. Turn the cabbage quarter over and remove any damaged or wilted leaves from the outside. Repeat these steps with each quarter.

Next, with one of the flat sides on the cutting mat, cut each cabbage quarter into ½ inch strips. Turn the strips 90 degrees and cut them into ½ inch pieces. Try to make the pieces relatively similar in size so they will cook evenly.

Add the chopped cabbage to the bowl with the onion and peppers and pass it to

Name of Volunteer #6.

Station #6:

- **Equipment:** electric skillet, 1 set of measuring spoons, 1 large cooking spoon, 1 dinner fork
- **Ingredients:** vegetable oil, garlic powder, soy sauce

Name of Volunteer #6, please turn the skillet to medium heat. Next, measure 1 tablespoon of vegetable oil and place it in the skillet. Once the oil is hot, add the onion, green pepper, and cabbage to the skillet. Then, measure ½ teaspoon of garlic powder and add it to the skillet. Cook, stirring frequently, until the vegetables are tender. 'Tender' refers to the fact that your teeth (or a fork or knife) can easily sink all the way through.

While the recipe is cooking, you can continue the lesson.

While the recipe cooks, let's continue with our lesson. Name of Volunteer #6, will you please continue stirring the vegetables frequently and using the dinner fork, periodically check to see if they are tender?

When the vegetables are tender.

Now that the vegetables are tender, Name of Volunteer #6, please measure 3 tablespoons of soy sauce, add it to the skillet, and stir to combine.

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

You can turn this into a main dish by serving with brown rice or barley. You can also add other vegetables or cooked meat for extra flavor and added nutrients.

Station #7:

- **Equipment:** 1 large cooking spoon, 1 serving tray
- **Tasting supplies:** small paper plates, plastic forks, napkins

Now, we are ready to taste the **Cabbage Stir-Fry!** Names of Volunteers #1 and #2, place a small amount of **Cabbage Stir-Fry** on each paper plate using the large cooking spoon. Then, use the serving tray and tasting supplies to serve everyone a taste of the recipe.

If you choose to add additional soy sauce to today's recipe, please do so sparingly. Soy sauce contains a large amount of sodium. The Dietary Guidelines for Americans recommends adults and children ages 14 years and older reduce their sodium intake. To lower your risk of high blood pressure (also known as hypertension), skip the salt and try salt-free seasonings such as garlic, black pepper or other herbs and spices.

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? What other kinds of vegetables do you think would taste good cooked this way?

Cruciferous vegetables including cabbage, cauliflower, broccoli, kale, Brussels sprouts, and collard greens are rich in vitamins and minerals. They are high in fiber and low in calories, a combination that will help you feel full and satisfied without over eating. Cabbage is also an inexpensive vegetable year-round.

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