

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

Station Set-Up: Collard Greens

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 onion	1 chef's/utility knife
1 small 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	2 tomatoes	1 chef's/utility knife
1 dinner spoon		
1 small bowl		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	½ of the collard greens	1 chef's/utility knife
1 large bowl (in between station #3 and #4)		

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

Station #5		
Equipment	Ingredients	Provide during Let's cook!
electric skillet	vegetable oil	none
1 set of measuring spoons	butter	
1 large cooking spoon	red pepper flakes	
	garlic powder	

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Station #6		
Equipment	Ingredients	Provide during Let's cook!
1 liquid measuring cup	broth	none
1 large cooking spoon		
kitchen timer		

Station #7		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	small hot beverage cups
1 serving tray		plastic forks
		napkins
		salt and pepper shakers

Recipe Script for Preparing: Collard Greens 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.

To prepare today's recipe, we need to cut the fresh vegetables and measure the other ingredients. The butter we will use later in the recipe has been kept cold in my cooler with reusable freeze packs. I have already washed the tomatoes and collard greens, but when you're doing this at home it's important that you wash your greens thoroughly. The recipe I handed out includes washing information, but I'll walk you through it now.

First, you'll remove any damaged outer leaves. Then, fill a large bowl with cold water, and dunk the greens under water. Swish them around a few times to help loosen the dirt. If the water becomes dirty, empty out the dirty water, and refill the bowl with clean water. Swish the leaves again to remove additional dirt. Continue this process until the water in the bowl remains clear. These directions for washing hearty greens like kale and collard greens are also in the cookbook that you will receive during our last lesson.

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 small 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.

*_____ Name of Volunteer #1, you will chop half of the onion.
Would you like me to show you how to peel the onion?*

Note: This recipe calls for
 $\frac{1}{2}$ medium onion.

If yes, demonstrate how to peel the onion using the script below.

Let's start by peeling the onion. First, remove any loose, papery skin. Next, lay the onion on its side with the stem facing the hand holding the knife. Then, cut down partially through the stem and with your knife holding the stem down, pull the body of the onion back to remove a small piece of the outer skin layer. Now, continue peeling off this outer layer of skin all the way around the onion. After the outer peel has been removed, peel and remove the next thin layer of skin all the way around the onion. Last, cut off the exterior of the root.

If no, after the participant peels the onion proceed to demonstrating how to chop the onion.

Let me show you what $\frac{1}{2}$ inch pieces look like.

Demonstrate how to chop the onion using the script below and provide several $\frac{1}{2}$ inch pieces of onion as an example for the participant on their cutting mat.

Slice the onion in half vertically, cutting through the root, to create a flat surface. We're only using half of the onion today, so I will set one of the onion halves aside. Then, with the flat side on the cutting mat, cut the other half of the onion into $\frac{1}{2}$ inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut $\frac{1}{2}$ inch strips in the other direction.

_____ Name of Volunteer #1, please chop the remaining onion. Place the chopped onion in the small bowl and pass the bowl to _____ Name of Volunteer #5.

Station #2:

- **Equipment:** 1 cutting mat, 1 dinner spoon, 1 small bowl
- **Ingredients:** 2 tomatoes
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #2, you will seed and chop the tomatoes into ½ inch pieces. Let me show you how to seed and chop the tomato.

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

Place the tomato stem-side up on the cutting board and remove any green stem and leaves. Cut the tomato in half from top to bottom, cutting through the core. Then, cup ½ of the tomato in one hand and use the dinner spoon to spoon out the seeds and core. To chop, start with the flat side of the tomato half on the cutting mat and cut the tomato into ½ inch slices. Next, arrange the tomato slices next to each other or stacked on top of each other flat on the cutting mat and slice them into ½ inch strips. Then, rotate the tomato strips 90 degrees and cut the strips into ½ inch pieces.

Name of Volunteer #2, seed and chop the remaining tomato. Place the chopped tomatoes in the bowl and pass the bowl to _____
Name of Volunteer #6.

Station #3 and #4:

- **Equipment:** 2 cutting mats (1 at each station), 1 large bowl (in between the 2 stations)
- **Ingredients:** collard greens (½ of the collard greens at each station)
- **Provide during *Let's Cook!*:** 2 chef's/utility knives (1 at each station)

Name of Volunteer #3 and #4, you will chop the collard greens into ½ inch strips. Let me show you how to chop the collard greens.

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

First, remove the stems from the collard greens by folding the greens in half at the stem and cutting or tearing off the stem. Next, stack 2 to 3 leaves on top of each other and roll them into a tube. Cut the tube into ½ inch strips and put the strips into the bowl.

Names of Volunteer #3 and #4 continue until you've chopped all the greens. Pass the bowl of chopped greens to _____
Name of Volunteer #5.

Station #5:

- **Equipment:** electric skillet, 1 set of measuring spoons, 1 large cooking spoon
- **Ingredients:** vegetable oil, butter, red pepper flakes, garlic powder

Name of Volunteer #5, turn the skillet to medium heat, then measure 1 tablespoon of vegetable oil and 1 tablespoon of butter and place them in the skillet. Once the butter has melted, add the onion, and cook about 2 minutes stirring constantly until the onion is slightly soft. Next, measure $\frac{1}{2}$ teaspoon of red pepper flakes and $\frac{1}{8}$ teaspoon of garlic powder and add them to the skillet. Cook for 1 minute stirring constantly. Then, add the collard greens, and cook for another minute stirring constantly.

Set the container of red pepper flakes with the other tasting supplies.

Station #6:

- **Equipment:** 1 liquid measuring cup, 1 large cooking spoon, kitchen timer
- **Ingredients:** broth

Name of Volunteer #6, measure 3 cups of broth, add it to the skillet and stir. Put the lid on the skillet, and bring the mixture to a boil. After the mixture has come to a boil, stir and turn the heat down to medium-low. We will let it simmer with the lid on for 15-20 minutes or until the collard greens are tender. "Tender" refers to the fact that your teeth (or a fork or knife) can easily sink all the way through.

Set a timer for 15 minutes.

Let's get back to the lesson while the collard greens cook.

While the recipe is cooking, you can continue the lesson. You may need to remind Volunteer #6 to periodically check the collard greens.

Name of Volunteer #6, about every 5 minutes will you check the skillet to make sure the mixture is simmering (not boiling rapidly) and stir the greens? If it's boiling, please stir and turn the skillet down to low.

When the timer goes off, check the collard greens to make sure they are tender. Then, have volunteer #5 add the tomatoes.

Now that the timer has gone off, _____ *Name of Volunteer #6,* will you please check the greens? Using the dinner fork, pierce the greens and see if they are tender.

If the collard greens are not tender: *The greens are not tender and need a few more minutes to soften. I'll set the timer and let it simmer for 5 more minutes and then taste the greens again.*

If the collard greens are tender: _____ *Name of Volunteer #6,* please add the chopped tomatoes and stir.

Station #7:

- **Equipment:** 1 dinner spoon, 1 serving tray
- **Tasting supplies:** small hot beverage cups, plastic forks, napkins, and salt and pepper shakers

*This recipe calls for salt and pepper "to taste". At home, you can taste the **Collard Greens** and add salt and pepper in the amount you like before serving. Today, we will pass around salt and pepper shakers and you can decide if you want to add either to your collard greens. I encourage you to taste the collard greens first.*

Now, we are ready to taste the **Collard Greens!** _____ *Names of Volunteers #1 and #2,* using the serving tray and tasting supplies, please serve everyone a taste of the recipe.

Everyone: please taste the recipe, and then if you would like, you can add salt and/or pepper.

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

If you like your food spicy, increase the red pepper flakes to 1 teaspoon.

Ask the participants about the recipe while they are eating.

What do you think of this recipe? Have you had collard greens before? Do you think your family would like this dish?

USDA's MyPlate recommends adults and children over 9 years old eat 1½ to 2 cups of dark green vegetables per week. Dark green leafy vegetables such as collard greens, kale, chard, and spinach are high in fiber, vitamins and minerals and are low in calories.

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