

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

Station Set-Up: Grilled Quesadilla with Vegetables

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 carrot	1 chef's/utility knife
1 grater		1 block of cheese
1 cup measuring cup		
2 medium bowls (1 placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		
1 large bowl		

Station #2		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 zucchini	chef's/utility knife

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 head of broccoli	1 chef's/utility knife
½ cup measuring cup		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 green pepper	1 chef's/utility knife

Station #5		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 onion	1 chef's/utility knife
1 vegetable peeler		

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Station #6		
Equipment	Ingredients	Provide during Let's cook!
electric skillet	cooking spray	none
1 large cooking spoon	tortillas	
1 set of measuring cups		
1 large bowl with a lid		
1 turner/spatula		
large paper plates (enough for 1 quesadilla per plate)		
aluminum foil		

Station #7			
Equipment	Ingredients	Tasting supplies	Provide during Let's cook!
1 dinner spoon	1 jar of salsa	small paper plates	1 chef's/utility knife
1 serving tray		napkins	
tongs		plastic forks	

Recipe Script for Preparing: Grilled Quesadilla with Vegetables Lesson: *Make Half Your Grains Whole*

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, shred the cheese and carrot, and measure all the ingredients. I have already washed the vegetables. I kept the cheese cold in my cooler with reusable freeze packs to transport and store it.

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

I need 7 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 7 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, ask the participant if they would like you to 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 grater, 1 cup measuring cup, 1 large bowl, 2 medium bowls (place 1 in the center of the table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** 1 carrot
- **Provide during *Let's Cook!*** 1 chef's/utility knife, 1 block of cheese

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.

Food safety experts recommend peeling carrots. _____ *Name of Volunteer #1,* please peel the carrot. Next, cut off and discard the ends of the carrot and grate the carrot. If your grater has multiple sides, use the side with the largest holes. Be careful, the grater is sharp. Place the grated carrot in one of the large bowls and pass it to _____ *Name of Volunteer #2.*

Then, use the knife to open the package of cheese and use the grater to shred 3 cups of cheese. Place the 3 cups of shredded cheese in the medium bowl and pass it to _____ *Name of Volunteer #7.*

Station #2:

- **Equipment:** 1 cutting mat
- **Ingredients:** 1 zucchini
- **Provide during *Let's Cook!*** 1 chef's/utility knife

_____ *Name of Volunteer #2,* you will dice the zucchini. As a reminder, dice means to cut into $\frac{1}{4}$ inch pieces. Would you like me to show you what $\frac{1}{4}$ inch pieces look like?

If yes, demonstrate how to dice the zucchini using the script below and provide several $\frac{1}{4}$ inch pieces of zucchini as an example for the participant on their cutting mat.

If no, read the script below as the volunteer dices the zucchini.

First, cut off and discard the ends of the zucchini. Next, cut the zucchini in half length-wise to create a flat surface on the cutting mat. With the flat side on the cutting mat, slice each half of zucchini length-wise into $\frac{1}{4}$ inch strips. Then, rotate the strips 90 degrees and dice those strips into $\frac{1}{4}$ inch pieces. Place the diced zucchini in the bowl with the carrot and pass the bowl to _____ *Name of Volunteer #3.*

Station #3:

- **Equipment:** 1 cutting mat, a $\frac{1}{2}$ cup measuring cup
- **Ingredients:** 1 head of broccoli
- **Provide during *Let's Cook!*** 1 chef's/utility knife

_____ *Name of Volunteer #3,* you will dice the broccoli until you have 1 cup. Would you like me to show you what $\frac{1}{4}$ inch pieces look like?

If yes, demonstrate how to dice the broccoli using the script below and provide several $\frac{1}{4}$ inch pieces of broccoli as an example for the participant on their cutting mat.

If no, read the script below as the volunteer dices the broccoli.

When cooking with broccoli you can almost always use the stalk and the florets. Begin by cutting off and discarding the end of the stalk. Then, cut a few florets off the stalk and dice the florets into $\frac{1}{4}$ inch pieces until you have $\frac{1}{2}$ cup. Place the $\frac{1}{2}$ cup of diced broccoli florets in the bowl with the zucchini and carrots. Next, cut off part of the broccoli stalk and slice it into $\frac{1}{4}$ inch strips. Then, rotate the broccoli stalk strips 90 degrees and dice those strips into $\frac{1}{4}$ inch pieces until you have $\frac{1}{2}$ cup. Place the $\frac{1}{2}$ cup of diced broccoli stalks in the bowl with the carrots, zucchini and diced broccoli florets and pass the bowl to Name of Volunteer #4.

Station #4:

- **Equipment:** 1 cutting mat
- **Ingredients:** 1 green pepper
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #4, *please cut the pepper in half through the stem and remove the seeds and membrane. Next, you will dice the whole pepper. Would you like me to show you what $\frac{1}{4}$ inch pieces look like?*

If yes, demonstrate how to dice the pepper using the script below and provide several $\frac{1}{4}$ inch pieces of pepper as an example for the participant on their cutting mat.

If no, read the script below as the volunteer dices the pepper.

With the flat side on the cutting mat, cut each half of pepper length-wise into $\frac{1}{4}$ inch strips. Then, rotate the pepper strips 90 degrees and cut those strips into $\frac{1}{4}$ inch pieces. Place the diced pepper in the bowl with the carrots, zucchini and broccoli and pass it to Name of Volunteer #5.

Station #5:

- **Equipment:** 1 cutting mat, 1 vegetable peeler
- **Ingredients:** 1 onion
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #5, *you will peel and mince the onion. As a reminder, mince means to cut into very small pieces, about $\frac{1}{8}$ inch in size. Would you like me to show you what $\frac{1}{8}$ inch pieces look like?*

Note: This recipe calls for 1 medium onion.

If yes, demonstrate how to mince the onion using the script below and provide several $\frac{1}{8}$ inch pieces of onion as an example for the participant on their cutting mat.

If no, read the script below as the volunteer minces the onion.

Slice the onion in half vertically, cutting through the root, to create a flat surface. Then, with the flat side on the cutting mat, cut the onion into $\frac{1}{8}$ inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut $\frac{1}{8}$ inch strips in the other direction. Add the minced onion to the bowl with the carrot, pepper, zucchini and broccoli and pass it to Name of Volunteer #6.

Station #6:

- **Equipment:** electric skillet, 1 large cooking spoon, 1 set of measuring cups, 1 large bowl with a lid, 1 turner/spatula, large paper plates (enough for 1 quesadilla per plate), aluminum foil
- **Ingredients:** cooking spray, tortillas

Name of Volunteer #6, *spray the skillet with cooking spray. Turn the skillet to medium heat. When the skillet is hot, place the vegetables in the skillet. Cook the vegetables for 4 to 5 minutes, with the lid on the skillet (the steam will help cook the vegetables faster than just sautéing). Stir the vegetables every few minutes. Remove the vegetables from the skillet, and put them in the large, clean bowl. Put the lid on the bowl to keep the vegetables warm for later in the recipe.*

Name of Volunteer #7, *turn the skillet to medium-low and spray the skillet with cooking spray again. To make each quesadilla, place 1 tortilla in the bottom of the skillet. Measure $\frac{1}{2}$ cup of vegetables and add it to the top of the tortilla. Then, measure $\frac{1}{3}$ cup of cheese and add it on top of the vegetables. Spread the cheese and mixed vegetables evenly across the tortilla. Last, place another tortilla on top. You should be able to make 2 quesadillas in the skillet at a time.*

Cook for 2 to 3 minutes or until the cheese starts to melt or the bottom tortilla starts to brown. Then, flip the quesadilla with the turner/spatula, and cook for another 2 to 3 minutes on the 2nd side. After the quesadilla is done (brown on both sides and the cheese is melted), remove it from the skillet, put it on a paper plate and cover it with aluminum foil to keep it warm. Each quesadilla will go on a separate paper plate. Repeat these steps to make enough quesadillas for each participant to taste a quarter of a 6-inch quesadilla.

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

You can add other leftover vegetables or use whole grain tortillas for added fiber and nutrients. Substituting whole wheat tortillas is a great way to provide additional vitamins, minerals and antioxidants which are needed to keep your family healthy.

Whole grains also contain dietary fiber, which promotes digestive and heart health and may help reduce your risk of heart disease, cancer, diabetes and other health complications. Whole grains (such as whole wheat tortillas, brown rice, and oatmeal) are more nutritious than refined grains because they contain the outer bran layer (which is high in fiber), the germ (which contains B vitamins and healthy fats) and the starchy endosperm (which provides carbohydrates). Refined grains (such as white tortillas, white rice and white bread) contain mostly the endosperm.

Station #7:

- **Equipment:** 1 dinner spoon, 1 serving tray, tongs
- **Ingredients:** 1 jar of salsa
- **Tasting supplies:** small paper plates, napkins, plastic forks
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #1, using the chef/utility knife, cut each quesadilla into 4 slices, just like you are cutting a pizza.

Now, we are ready to taste the **Grilled Quesadillas with Vegetables!** *Names of Volunteers #2 and #3,* using the serving tray and tasting supplies, please serve everyone a taste of the quesadillas with the tongs.

Everyone: if you would like, you can add salsa to your quesadilla.

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 vegetables do you think would taste good in these?

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