

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

Station Set-Up: Healthy Refried Beans

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 can opener	can of pinto beans	none
1 colander		
1 large bowl		
2-quart plastic spill-proof pitcher with a lid filled with water		
1 liquid measuring cup		
1 small bowl		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
electric skillet	vegetable oil	none
1 large cooking spoon	garlic powder	
1 set of measuring spoons	chili powder	
1 liquid measuring cup	broth	
1 dinner fork		
kitchen timer		

Station #4		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	<i>Baked Tortilla Chips</i>	3 ounce cups
1 serving tray		plastic spoons
		napkins

Recipe Script for Preparing: Healthy Refried Beans Lesson: *Go Lean with Protein*

*Before we get started, I want to tell you about the **Baked Tortilla Chips** I made for us to taste with our **Healthy Refried Beans**.*

Pass out a copy of the *Baked Tortilla Chips* recipe and have participants follow along as you tell them how you made the recipe.

*For today's class, I prepared **Baked Tortilla Chips** ahead of time. This recipe is from the **Eating Smart • Being Active Let's Cook!** cookbook you will receive during our last lesson. Follow along with the recipe while I tell you how to make the tortilla chips. It's easy and you only need 3 ingredients: cooking spray, tortillas, and salt!*

You can make the chips in a regular oven or a toaster oven. The first step is to preheat the oven to 400°F. Next, lightly spray a baking sheet with nonstick cooking spray. To cut the tortillas into chips, you'll stack 3 tortillas on top of each other on a cutting mat. Cut the stack into 8 sections, just like cutting a pizza. You'll end up with 24 total triangles. Place the tortilla triangles on the sprayed baking sheet in a single layer, and spray the tops of the tortilla triangles with cooking spray. Then, sprinkle a small amount of salt on top of the tortilla triangles. You'll bake the chips for 8 to 10 minutes or until they are crisp and light brown. Let them cool down for a few minutes before serving. You can use corn, whole wheat, or white flour tortillas.

*We'll taste the **Baked Tortilla Chips** with our **Healthy Refried Beans**.*

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 for today's recipe, we need to dice an onion and measure the rest of the ingredients. I washed the top of the can of pinto beans before class.

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

I need 4 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 4 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 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, please peel and dice half of this onion. As a reminder, dice means to cut into pieces, about ¼ inch in size. Would you like me to show you what ¼ inch pieces look like?

Note: This recipe calls for ½ medium onion.

If yes, demonstrate how to dice the onion using the script below and provide several ¼ inch pieces of onion as an example for the participant on their cutting mat.

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

Slice the onion in half vertically, cutting through the root, to create a flat surface. Set one half of the onion aside. Then, with the flat side on the cutting mat, cut the other half of the onion into ¼ inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut ¼ inch strips in the other direction. Place the diced onion in the small bowl and pass it to

Name of Volunteer #3.

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, 1 small bowl
- **Ingredients:** can of pinto beans

Name of Volunteer #2, please open the can of pinto beans with the can opener. Drain the can of beans in the colander over the large bowl. Then, rinse the beans with 3 cups of water to remove the excess sodium. Put the drained beans in the small bowl and pass the bowl to

Name of Volunteer #3.

Station #3:

- **Equipment:** electric skillet, 1 large cooking spoon, 1 set of measuring spoons, 1 liquid measuring cup, 1 dinner fork, kitchen timer
- **Ingredients:** vegetable oil, garlic powder, chili powder, broth

Name of Volunteer #3, turn the skillet to medium heat. Measure 1 tablespoon of vegetable oil and once the skillet is warm, place the oil in the skillet. Once the oil is hot, add the diced onion and cook until soft and clear (instead of white). Stir the onions every few minutes while they're cooking.

Next, measure $\frac{2}{3}$ cup of broth and add it and the pinto beans to the skillet. Then, measure $\frac{1}{8}$ teaspoon of garlic powder and 1 teaspoon of chili powder and add them to the skillet. Stir the mixture and turn the skillet to low heat.

We will let the mixture cook for 5 minutes. _____
Name of Volunteer #4, will you please stir the mixture every 2-3 minutes.

Set a timer for 5 minutes.

While the beans cook, let's talk about this recipe. The recipe is called **Healthy Refried Beans** because traditionally, refried beans are made using lard, which is high in saturated fat. We want to limit foods high in saturated fat because saturated fats are less healthy for the heart. This recipe is made with a small amount of vegetable oil, which contains unsaturated fat. Unsaturated fats are more heart healthy than saturated fats.

After the timer goes off, finish preparing the recipe.

Name of Volunteer #4, turn off the skillet and mash the pinto beans with the dinner fork while they are still in the skillet. If you have a potato masher at home, you can use that to mash the beans.

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

At home, you can serve this as a side dish topped with cheese or rolled in tortillas. You can also add refried beans to enchiladas, quesadillas or tostadas.

You can make this recipe with black beans, too!

Station #4:

- **Equipment:** 1 dinner spoon, 1 serving tray
- **Ingredients:** *Baked Tortilla Chips*
- **Tasting supplies:** 3 ounce cups, plastic spoons, napkins

*Now, we are ready to taste the **Healthy Refried Beans!** *Names of Volunteers #1 and #2,* using the serving tray and the tasting supplies, please serve everyone a taste of the recipe. Serve with 2-3 baked tortillas chips.*

Ask participants about the recipe while they are eating.

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

Do any of you make refried beans at home? Would you consider trying this recipe the next time you prepare refried beans at home?

When you make this at home, be sure to refrigerate any leftover refried beans within 2 hours and eat them within 3 to 5 days. Baked chips can be stored at room temperature in a sealable plastic bag or air tight container.