

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

## Station Set-Up:

### Lentil Tacos

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 electric skillet	cooking spray	none
aluminum foil	tortillas	
2 large paper plates		
1 turner/spatula		
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 onion	1 chef's/utility knife
1 small bowl	vegetable oil	
1 large cooking spoon		
1 set of measuring cups		

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

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	none	1 block of cheese
1 cup measuring cup		1 chef's/utility knife
1 grater		
1 small bowl		

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## Station Set-Up:

### Lentil Tacos

Station #5		
Equipment	Ingredients	Provide during Let's cook!
1 set of measuring spoons	can of tomato sauce	none
1 can opener	garlic powder	
1 small bowl	taco seasoning	

Station #6		
Equipment	Ingredients	Provide during Let's cook!
1 colander	lentils	none
1 large bowl		
1 cup measuring cup		
2-quart plastic spill-proof pitcher with a lid filled with water		
1 liquid measuring cup		
1 medium bowl		
1 large cooking spoon		
kitchen timer		

Station #7			
Equipment	Ingredients	Tasting supplies	Provide during Let's cook!
1 set of measuring spoons	salsa	small paper plates	1 chef's/utility knife
3 plastic spoons		napkins	
1 cutting mat			

## Recipe Script for Preparing: Lentil Tacos

### Lesson: *Go Lean with Protein*

**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 warm the tortillas, dice an onion, chop the lettuce, shred cheese, open a can of tomato sauce, rinse the lentils and measure the rest of the ingredients. I washed the lettuce and the top of the can of tomato sauce before class. The cheese we will use later in the recipe has been kept cold in my cooler with reusable freeze packs.*

**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, 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:** electric skillet, aluminum foil, 2 large paper plates, 1 turner/spatula, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** cooking spray, tortillas

*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, spray the skillet with cooking spray and turn the skillet to medium heat. Put tortillas in the pan, 2 to 3 at a time and heat briefly on both sides until the tortillas are warm and soft. Put the heated tortillas on a paper plate, and cover the plate with another plate. When all the tortillas are warmed, turn off the skillet and wrap the plates in foil. This will keep them warm while we make the taco filling. You can hold onto the tortillas, we will use them later in the recipe.*

**Station #2:**

- **Equipment:** 1 cutting mat, 1 small bowl, 1 large cooking spoon, 1 set of measuring spoons
- **Ingredients:** 1 onion, vegetable oil
- **Provide during Let's Cook!:** 1 chef's/utility knife

*Name of Volunteer #2, you will peel and dice the onion. 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?*

**Note:** This recipe calls for 1 medium onion.

**If yes, demonstrate how to dice the onion using the script below and provide several  $\frac{1}{4}$  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. Then, with the flat side on the cutting mat, cut the onion into  $\frac{1}{4}$  inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut  $\frac{1}{4}$  inch strips in the other direction. Place the diced onion in the bowl.*

*Then, 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 diced onion and cook until soft and clear (instead of white). Stir the onions every few minutes while they're cooking.*

**Station #3:**

- **Equipment:** 1 cutting mat, a 1 cup measuring cup, 1 small bowl
- **Ingredients:** 1 head of lettuce
- **Provide during Let's Cook!:** 1 chef's/utility knife

*Name of Volunteer #3,* you will shred 2 cups of lettuce. Would you like me to show you how to shred the lettuce?

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

**If no, read the script below as the volunteer shreds the lettuce.**

**If using iceberg:** Cut off and discard the stem or core. Next, cut the head of lettuce into quarters. With one of the flat sides on the cutting board, cut each quarter into  $\frac{1}{4}$  inch strips until you have 2 cups of shredded lettuce.

**If using romaine, green leaf or red leaf:** Stack several leaves on top of each other. Next, cut the lettuce leaves into  $\frac{1}{4}$  inch strips until you have 2 cups of shredded lettuce.

Put the shredded lettuce in the bowl and place it with the other tasting supplies.

**Station #4:**

- **Equipment:** 1 cutting mat, a 1 cup measuring cup, 1 grater, 1 small bowl
- **Provide during Let's Cook!:** 1 chef's/utility knife, 1 block of cheese

*Name of Volunteer #4,* please use the knife to open the package of cheese and use the grater to shred 1 cup of cheese. Be careful, the grater is sharp.

Put the shredded cheese in the bowl and place it with the other tasting supplies.

**Station #5:**

- **Equipment:** 1 can opener, 1 set of measuring spoons, 1 small bowl
- **Ingredients:** can of tomato sauce, garlic powder, taco seasoning

*Name of Volunteer #5,* please measure  $\frac{1}{4}$  teaspoon of garlic powder and 2 tablespoons of taco seasoning and place them in the bowl. Then, open the can of tomato sauce. Pass the open can of sauce and the bowl of garlic powder and taco seasoning to *Name of Volunteer #6.*

**Station #6:**

- **Equipment:** 1 colander, 1 large bowl, a 1 cup measuring cup, a 2-quart plastic spill-proof pitcher with a lid filled with water, 1 liquid measuring cup, 1 medium bowl, 1 large cooking spoon, kitchen timer
- **Ingredients:** lentils

*Name of Volunteer #6,* you will start by rinsing the lentils. Place the colander over the large bowl. Then, measure 1 cup of lentils and place them in the colander. Rinse the lentils by pouring 2 cups of water over the lentils. Place the rinsed lentils in the medium bowl.

*Once the onions are cooked, add 3 cups of water, the can of tomato sauce and the lentils to the skillet. Then, add the garlic powder and taco seasoning to the skillet, stir the mixture thoroughly and put the lid on the skillet. When the recipe comes to a boil, stir the mixture again, reduce the heat to medium-low and simmer with the lid on the skillet. We will let this simmer for about 30 minutes until the lentils are tender.*

**Set a timer for 30 minutes.**

*While the lentils cook, let's get back to our lesson. Name of Volunteer #6, will you please check the skillet about every 5 minutes by lifting the lid and making sure there is still liquid and that the liquid is simmering but not boiling? If the liquid is simmering, quickly stir the mixture and put the lid back on the skillet. If it's boiling, stir and turn the skillet down to low. If there is no liquid, measure ½ cup of water and add it to the skillet. Stir the mixture thoroughly and put the lid back on the skillet.*

**When the timer goes off, taste the lentils to make sure they are tender.**

**If the lentils are not tender:** *The lentils 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 lentils again.*

**If the lentils are tender, finish the recipe.**

*Now that our lentils are tender, Name of Volunteer #6, stir and continue cooking the lentils for another 5 minutes with the lid off until the mixture thickens to a consistency similar to refried beans.*

**Set a timer for 5 minutes.**



Lentils are part of the legume family, which is the fruit or seed of certain plants. Other legumes include beans (like pinto or black beans), nuts, and peas. Lentils are inexpensive, do not require soaking and cook much faster than dry beans.

Lentils come in a variety of colors and they are available whole, split or hulled. A hulled lentil has had the outer shell removed. We recommend using green lentils with the hull because they are very flavorful and the hulls help them maintain their shape well after cooking and they also have a nice texture or chew.

If you like these tacos, you might want to look for other recipes using lentils.

**Station #7:**

- **Equipment:** 1 set of measuring spoons, 3 plastic spoons, 1 cutting mat
- **Ingredients:** salsa
- **Tasting supplies:** small paper plates, napkins
- **Provide during Let's Cook!:** 1 chef's/utility knife

**After the timer goes off:**

Now, we are ready to taste the **Lentil Tacos!**

*Name of Volunteer #1,* cut the tortillas in half and place  $\frac{1}{2}$  a tortilla on a paper plate for each participant.

*Name of Volunteer #2,* add about 2 tablespoons of the lentil mixture to each tortilla half.

*Name of Volunteer #3,* please put 1 plastic spoon in each of the bowls with the salsa, cheese, and lettuce.

**Everyone:** you can each dress up your taco, we have salsa, cheese, and lettuce. Let's taste our **Lentil Tacos!**

**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?

Most of us probably don't think tacos are the healthiest meal. But that isn't necessarily true. These lentil tacos are high in protein, fiber, and other nutrients and low in fat. What are some other ways you can think to make healthy versions of tacos?

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