

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

Station Set-Up: Stir-Fried Vegetables with Beef, Chicken, or Tofu

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	½ of the vegetables	1 chef's/utility knife
1 vegetable peeler		
1 set of measuring cups		
2 medium bowls (1 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	½ of the vegetables	1 chef's/utility knife
1 vegetable peeler		
1 set of measuring cups		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
electric skillet	vegetable oil	cooked brown rice
1 set of measuring spoons		
1 turner/spatula		
1 dinner fork		
2 large bowls (1 with a lid)		
1 cup measuring cup		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 small bowl	broth	chopped raw chicken, beef, or tofu
1 liquid measuring cup	soy sauce	
1 set of measuring spoons	cornstarch	
1 dinner fork	garlic powder	
1 can opener (if using canned broth)	black pepper	
1 large bowl		

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Station Set-Up:

Stir-Fried Vegetables with Beef, Chicken, or Tofu

Station #5		
Equipment	Ingredients	Tasting supplies
2 large cooking spoons	none	small paper plates
1 serving tray		plastic forks
		napkins

Recipe Script for Preparing: Stir-Fried Vegetables with Beef, Chicken, or Tofu Lesson: *Welcome to Eating Smart • Being Active*

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.

We're going to serve this recipe over cooked brown rice. You can make the rice in advance or cook it while you are slicing the vegetables and chopping the meat. Follow the cooking instructions on the rice package and be sure you check how long it will take for the rice to cook. Brown rice takes a little longer to cook than white rice.

I cooked the rice before class. It is important to keep perishable items cold until it is time to use them. I have kept the cooked rice and the raw chicken (beef or tofu) in a cooler with reusable freeze packs to transport and store them.

Today, we need to slice the fresh (or measure the frozen) vegetables and measure the other ingredients in our recipe. I have already washed the fresh vegetables.

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 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 slice 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.

As we move through the lessons we will be preparing the ingredients in different ways. Today we are slicing. When we slice food, we are cutting it into thin pieces approximately ¼ inch in thickness.

Station #1 and #2:

- **Equipment:** 2 cutting mats (1 at each station), 2 vegetable peelers (1 at each station), 2 set of measuring cups (1 at each station), 2 medium bowls (1 placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** Vegetables ($\frac{1}{2}$ of the vegetables at each station)
- **Provide during *Let's Cook!*:** 2 chef's/utility knives (1 at each station)

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.

Today, I have _____ names of vegetables you brought _____ for us to cook, but you can use any vegetables you like or have at home. _____ Name of Volunteer #1 _____ and _____ Name of Volunteer #2, _____ please peel (if needed), and slice the fresh vegetables. Food safety experts recommend peeling carrots.

Please make the pieces similar in size so they will cook in about the same amount of time. Remember, today we will be slicing into thin pieces approximately $\frac{1}{4}$ inch in thickness. Let me show you how to slice each of the vegetables.

Demonstrate how to slice the vegetables and provide several $\frac{1}{4}$ inch thick slices of vegetable as an example for the participants on their cutting mats.

We need a total of 5 cups of fresh, sliced vegetables, so each of you will need to slice 2 $\frac{1}{2}$ cups of vegetables. After you measure out the vegetables, place them in the medium bowl and pass the bowl to _____ Name of Volunteer #5.

Station #3:

- **Equipment:** electric skillet, 1 set of measuring spoons, a 1 cup measuring cup, 1 turner/spatula, 1 dinner fork, 2 large bowls (1 with a lid)
- **Ingredients:** vegetable oil
- **Provide during *Let's Cook!*:** cooked brown rice

Name of Volunteer #3, while Name of Volunteer #1 and Name of Volunteer #2, are slicing vegetables, you'll measure and heat up the cooked rice. First, measure 6 cups of cooked rice and place the rice in one of the large bowls. Then, turn the skillet to medium heat. Next, measure 1½ teaspoons of vegetable oil and place it in the skillet. Once the oil is hot, add the rice to the skillet. Stirring often with the turner/spatula, cook the rice until it is heated through. Put the heated rice into the 2nd large bowl and put the lid on the bowl. Set the covered bowl next to the tasting supplies and turn the skillet off.

Station #4:

- **Equipment:** 1 small bowl, 1 liquid measuring cup, 1 set of measuring spoons, 1 dinner fork, can opener (if using canned broth), 1 large bowl
- **Ingredients:** broth, soy sauce, cornstarch, garlic powder, black pepper
- **Provide during *Let's Cook!*:** chopped raw chicken, beef, or tofu

Name of Volunteer #4, while Name of Volunteer #3 is heating the rice, please measure the following ingredients and place them in the bowl: 1 tablespoon of cornstarch, 1 teaspoon of garlic powder, a pinch (approximately 1/8 teaspoon) of black pepper, 1 cup of broth, and 2 tablespoons of soy sauce. Whisk the ingredients thoroughly with the fork to combine. Hang onto the bowl for now, we'll need this for the sauce in a few minutes.

Name of Volunteer #5, once the rice has been removed from the skillet turn the skillet to medium-high heat. Next, measure 1½ teaspoons of vegetable oil and place it in the skillet. Keep a close eye on the skillet, and be sure the oil doesn't start to smoke. These skillets heat up fast!

Next, add the sliced vegetables to the skillet, and cook them for 5 minutes (or until they are tender), stirring often with the turner/spatula while cooking. 'Tender' refers to the fact that your teeth (or a fork or knife) can easily sink all the way through. You can use the clean fork to test the tenderness of the vegetables.

After 5 minutes (or when vegetables are tender), take the vegetables out of the skillet, and put them into the clean large bowl.

Name of Volunteer #6, please measure an additional 1½ teaspoons of oil and place it and the raw chopped chicken (or beef/tofu) in the skillet. Cook the chicken (or beef/tofu) on all sides until thoroughly cooked. Then, lower the heat to medium-low, and add the cooked vegetables back to the skillet.

Note: It is important for you to check the doneness of the meat before the volunteer adds the vegetables and rice mixture back into the skillet.

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

If you make this at home, at this point in the recipe, you can add any leftover cooked veggies you have on hand. If you want to use frozen veggies instead, you can add those at the same time as the fresh veggies.

_____ Name of Volunteer #4, add your sauce mixture to the chicken (or beef/tofu) and vegetables in the skillet, stirring constantly with the turner/spatula, until the sauce thickens, about 2 minutes. Then, turn off the skillet.

Station #5:

- **Equipment:** 2 large cooking spoons, 1 serving tray
- **Tasting supplies:** small paper plates, plastic forks, napkins

*Now, we are ready to taste the **Stir-Fried Veggies with Chicken (or Beef/Tofu)!***

_____ Name of Volunteer #1, place a small amount of brown rice on each paper plate.

_____ Name of Volunteer #2, add a small amount of stir-fry on top of the rice.

_____ Names of Volunteers #1 and #2, please serve everyone a taste of the recipe using the tasting supplies and serving tray.

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? This recipe allows you to use a small amount of meat to feed a large family.

If you choose to add additional soy sauce to today's recipe, please do so sparingly. Many Americans are getting too much sodium from the foods they eat. Sodium in salt and condiments like soy sauce may contribute to high blood pressure.

Some tips for reducing sodium in the foods you eat are to use little or no salt when cooking, always taste your food before adding salt and look for foods labeled "low sodium," "reduced sodium," or "no salt added." Foods lower in sodium may taste differently at first, but over time it's possible to acquire a taste for foods with less salt.

When you make this at home, be sure to refrigerate any leftovers within 2 hours and eat them within 3 to 5 days. If you use any leftover cooked vegetables or meat in this recipe, eat the leftover stir-fry within 5 days from when you originally cooked those vegetables.