

Let's cook! Plan, Shop, Pack List: Cabbage Stir-Fry

Ingredients

- Vegetable oil
- 1 small onion
- 2 green peppers
- 1 medium head of cabbage
- Garlic powder
- Soy sauce

Disposable Supplies

- Small paper plates
- Plastic forks
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Wash the onion, green peppers, and the cabbage.
- Print copies of the recipe (1 for each participant).

Equipment

- 5 cutting mats
- 5 chef's/utility knives
- 1 large bowl
- 1 medium bowl
- 2 large cooking spoons
- 1 set of measuring spoons
- 1 dinner fork
- Electric skillet
- Kitchen timer
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels
- Extension cord with long reach
- Surge protector
- Duct tape (for taping down cords)

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
