

# Let's cook! Plan, Shop, Pack List: Hummus with Raw Veggies

## Ingredients

- Fresh veggies such as carrots, broccoli, celery, cucumber, or green pepper (6 cups sliced used in recipe)
- 1 medium clove garlic
- 1 lemon or bottled lemon juice
- 1 (15 ounce) can garbanzo beans (chickpeas)
- Peanut butter
- Vegetable oil
- Salt
- Cumin

**Note:** When choosing produce for this recipe, look for fresh, in-season vegetables, as they are lower in cost and often more flavorful. Be sure to choose vegetables in a variety of colors, so the dish is visually appealing and provides a variety of nutrients. To cut down on cost and waste, only purchase 3 different types of vegetables for each recipe. This recipe calls for 6 cups of raw vegetables, so you might buy 1 large red pepper, 1 large cucumber, and 4-6 large carrots.

## Disposable Supplies

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

## Prepare before class

- Wash the vegetables.
- Wash the top of the canned beans.
- Print copies of the recipe (1 for each participant).

## Equipment

- 4 cutting mats (3 if using bottled lemon juice)
- 4 chef's/utility knives (3 if using bottled lemon juice)
- 2 vegetable peelers
- 2 sets of measuring spoons
- 1 can opener
- 1 colander

## (Equipment cont.)

- 3 small bowls (2 if using bottled lemon juice)
- 1 medium bowl
- 1 large bowl
- 1 rubber spatula/scrapper
- 1 large plate or platter
- 1 set of tongs
- 2 sets of measuring cups
- 2 dinner spoons (1 if using bottled lemon juice)
- Blender
- 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:** \_\_\_\_\_

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