

Let's cook! Plan, Shop, Pack List: Simple Fish Tacos

Ingredients

- Vegetable oil
- 1 lemon or bottled lemon juice
- 1 packet (1.25 ounces) taco seasoning
- ¾ cup sour cream
- Small bunch of fresh cilantro
- Nonstick cooking spray
- 12 (6 inch) corn tortillas
- 1 pound tilapia (4 fillets), frozen, thawed
- 1 head of cabbage
- 2 large tomatoes
- 1 lime

Disposable Supplies

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

Prepare before class

- Wash the cabbage, tomatoes, cilantro, lime, and lemon (if using fresh lemon).
- Thaw the fish.
- Print copies of the recipe (1 for each participant).

Equipment

- 5 cutting mats (4 if using bottled lemon juice)
- 5 chef's/utility knives (4 if using bottled lemon juice)
- 6 small bowls (5 if using bottled lemon juice)
- 3 medium bowls
- 1 set of measuring cups
- 2 sets of measuring spoons
- 3 dinner spoons (2 if using bottled lemon juice)

Equipment (cont.)

- 2 turners/spatulas
- 1 rubber spatula/scrapper
- 2 large paper plates
- 2 dinner forks
- 2 sets of tongs
- 2 plastic spoons (3 if splitting sour cream)
- Electric skillet
- 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: _____
