

# Let's cook! Plan, Shop, Pack List:

## Winter Italian Vegetables

### Ingredients

- 1 ½ cups uncooked spiral pasta
- 1 (15 ounce) can of tomato sauce
- 1 head of broccoli
- 1 head of cauliflower
- 2 medium zucchini
- 1 medium onion
- 4 ribs of celery
- Italian seasoning

### Disposable Supplies

- 3 ounce cups
- Plastic forks
- Napkins
- Salt and pepper shakers
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

### Prepare before class

- Wash the broccoli, onion, cauliflower, zucchini, and celery.
- Wash the top of the canned tomato sauce.
- Print copies of the recipe (1 for each participant).

### Equipment

- 5 cutting mats
- 5 chef's/utility knives
- 3 sets of measuring cups
- 1 large bowl
- 1 medium bowl
- 1 can opener
- 1 set of measuring spoons
- 2 large cooking spoons
- 1 liquid measuring cup

### Equipment (cont.)

- 2-quart plastic spill-proof pitcher with a lid, filled with water
- 1 dinner fork
- Kitchen timer
- 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:** \_\_\_\_\_

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