

Let's cook! Plan, Shop, Pack List: Zesty Bean Dip

Ingredients

- 1 small onion (½ used in recipe)
- Fresh cilantro
- 1 (16 ounce) can refried beans
- Salsa (½ cup used in recipe)
- Prepared *Baked Tortilla Chips*
 - Nonstick cooking spray
 - 3 (10 inch) tortillas
 - Salt

Disposable Supplies

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

Prepare before class

- Make the *Baked Tortilla Chips* before class.
- Wash the onion and cilantro.
- Wash the top of the canned beans.
- Print copies of the *Baked Tortilla Chips* and *Zesty Bean Dip* recipes (1 for each participant).

Equipment

- 2 cutting mats
- 2 chef's/utility knives
- 2 sets of measuring spoons
- 3 small bowls
- 1 can opener
- 2 medium bowls
- 1 set of measuring cups
- 2 large cooking spoons
- 1 dinner spoon
- Serving tray
- 1 set of tongs
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

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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: _____
