

Let's cook! Station Set-Up and Recipe Script

Station Set-Up: Pasta Salad

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 onion	1 chef's/utility knife
1 large bowl		
1 medium bowl (placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		

Station #2		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 green pepper	1 chef's/utility knife

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 tomato	1 chef's/utility knife
1 dinner spoon		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 cucumber	1 chef's/utility knife
1 cup measuring cup		

Station #5		
Equipment	Ingredients	Provide during Let's cook!
1 large bowl	vegetable oil	none
1 dinner fork	vinegar	
1 set of measuring spoons	black pepper	
	garlic powder	
	Italian seasoning	
	red pepper flakes	

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Station #6		
Equipment	Ingredients	Provide during Let's cook!
1 set of measuring cups	none	½ cup thawed frozen peas
1 large cooking spoon		chilled cooked pasta

Station #7		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	3 ounce cups
1 serving tray		plastic forks
		napkins

Recipe Script for Preparing: Pasta Salad Lesson: *Make Half Your Grains Whole*

Begin the recipe preparation by inviting all the participants to stand around the food preparation area and reading the list of ingredients from the recipe.

This recipe uses cooked pasta, which I prepared and chilled before class. When you make this at home, be sure to prepare the pasta ahead of time and allow enough time for it to cool before using it in the salad. The pasta can be stored in the refrigerator overnight before making the pasta salad. I kept the thawed frozen peas and precooked pasta cold in my cooler with reusable freeze packs to transport and store them.

Share the *Be Creative!* tip with the participants.

Use whole wheat pasta to include more whole grains in the dish. The pasta I prepared for our recipe today is _____.

Please pass around the empty box from the pasta you used in today's recipe.

To prepare today's recipe, we need to cut the fresh vegetables and measure the rest of the ingredients. I have already washed the vegetables.

Ask for volunteers to help with the preparation of the recipe.

I need 6 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 6 volunteers. Combine steps (to have fewer volunteers) or divide tasks (to have more volunteers) as you think would work best to involve as many participants in the food activity as possible.

If food preparation stations were set up before class, assign each volunteer a station and add knives and cold food items from the cooler to the appropriate stations. If there wasn't room to set up stations before class, provide volunteers with the appropriate equipment and ingredients listed for each station now.

As you assign each volunteer their tasks, ask the participant if they would like you to demonstrate how to mince, dice or chop their ingredient and provide several pieces for the participant as an example on their cutting mat. Follow up with the participants once they have completed their task to be sure each ingredient was cut to the indicated size. If the food pieces are too large, ask the participant to cut any large pieces in half.

Today we will be preparing **Pasta Salad** as a group. While you may be doing a specific task for the recipe, please listen and watch all the instructions for every task. This will help you be able to complete all of the steps of the recipe at home. Even those of you who are more experienced with cooking may pick up a new tip that could save you valuable time in the kitchen. Please wait to start your task until I give you your instructions.

Station #1:

- **Equipment:** 1 cutting mat, 1 large bowl, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** 1 onion
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

I placed a bowl in the center of the table. As you prepare the ingredient(s), please put any food scraps in this bowl.

At the center of the table, I have also placed a variety of sizes of plastic bags. If you have any leftover ingredients, please put these ingredients in one of these bags. I will collect the leftovers as we are cleaning up and put them in the cooler to keep these items cold.

Name of Volunteer #1, you will peel and mince the onion.
The flavor of raw onion is much stronger than the flavor of cooked onion. When using raw onion in a recipe that will not be cooked, it's good to mince it finely so there won't be too much onion in any one bite.

Note: This recipe calls for 1 small onion.

As a reminder, mince means to cut into very small pieces, about 1/8 inch in size. Would you like me to show you what 1/8 inch pieces look like?

If yes, demonstrate how to mince the onion using the script below and provide several 1/8 inch pieces of onion as an example for the participant on their cutting mat.

If no, read the script below as the volunteer minces the onion.

*Slice the onion in half vertically, cutting through the root, to create a flat surface. Then, with the flat side on the cutting mat, cut the onion into 1/8 inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut 1/8 inch strips in the other direction. Place the minced onion in the bowl and pass the bowl to _____
*Name of Volunteer #2.**

Add the chopped tomato to the bowl with the green pepper and onion and pass the bowl to

Name of Volunteer #4.

Station #4:

- **Equipment:** 1 cutting mat, a 1 cup measuring cup
- **Ingredients:** 1 cucumber
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #4, you will dice the cucumber until you have 1 cup. Would you like me to show you what $\frac{1}{4}$ inch pieces look like?

If yes, demonstrate how to dice the cucumber using the script below and provide several $\frac{1}{4}$ inch pieces of cucumber as an example for the participant on their cutting mat.

If no, read the script below as the volunteer dices the cucumber.

There is no need to peel the cucumber; there is a lot of good fiber and nutrients in the peel. Start by cutting the cucumber in half length-wise to create a flat surface. With the flat side on the cutting mat, cut off the ends of the cucumber, and discard. Then, cut the cucumber into $\frac{1}{4}$ inch strips lengthwise. Turn the cucumber, or cutting mat, 90 degrees and cut the strips into $\frac{1}{4}$ inch pieces.

Measure 1 cup of diced cucumber and add it to the bowl with the tomato, green pepper, and onion and pass the bowl to Name of Volunteer #6.

Station #5:

- **Equipment:** 1 large bowl, 1 dinner fork, 1 set of measuring spoons
- **Ingredients:** vegetable oil, vinegar, black pepper, garlic powder, Italian seasoning, red pepper flakes

Name of Volunteer #5, measure the following dry ingredients and place them in the bowl: $\frac{1}{4}$ teaspoon of black pepper, $\frac{1}{2}$ teaspoon of garlic powder, $\frac{1}{2}$ teaspoon of Italian seasoning, and 1 pinch ($\frac{1}{8}$ teaspoon) of crushed red pepper flakes. Then, measure 3 tablespoons of vegetable oil and 1 tablespoon of vinegar and add them to the bowl with the dry ingredients. Whisk all of the ingredients together with a fork to combine the dressing. Pass the bowl of dressing to

Name of Volunteer #6.

Station #6:

- **Equipment:** 1 set of measuring cups, 1 large cooking spoon
- **Provide during *Let's Cook!*:** ½ cup thawed frozen peas, chilled cooked pasta

Name of Volunteer #6, measure 2 cups of cooked pasta and place it in the bowl with the dressing. Then, add the ½ cup of thawed frozen peas and the cucumber, tomato, green pepper, and onion to the bowl. Mix all the ingredients together until the pasta and vegetables are evenly coated with the dressing.

Station #7:

- **Equipment:** 1 dinner spoon, 1 serving tray
- **Tasting supplies:** 3 ounce cups, plastic forks, napkins

Now, we are ready to taste the **Pasta Salad!** _____
Names of Volunteers #1 and #2, using the serving tray and tasting supplies, please serve everyone a taste of the recipe.

*The recipe tastes even better when refrigerated for at least an hour so the flavors can blend together. If you make the **Pasta Salad** at home, try refrigerating it (covered) before serving.*

Ask the participants about the recipe while they are eating.

What do you think of this recipe? Do you think your family would like this dish? Are there other vegetables you might add when you make it for your family?

If you used whole wheat pasta, ask the participants:

Do you think you'll try the recipe at home using whole wheat pasta?

Substituting whole wheat pasta in your family's pasta dishes is a great way to provide additional vitamins, minerals and antioxidants which are needed to keep your family healthy and strong. Whole grains also contain dietary fiber, which promote digestive and heart health and may help reduce your risk of heart disease, cancer, diabetes and other health complications.

Whole grains (such as whole wheat pasta, brown rice, and oatmeal) are more nutritious than refined grains because they contain the outer bran layer (which is high in fiber), the germ (which contains B vitamins and healthy fats) and the starchy endosperm (which provides carbohydrates). Refined grains (such as white pasta, white rice and white bread) contain mostly the endosperm.



EATING SMART
BEING ACTIVE

When you make this at home, be sure to refrigerate any leftovers within 2 hours and eat them within 3 to 5 days.