

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

Station Set-Up: Mango Salsa

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	fresh mango (if using fresh mango)	1 chef's/utility knife
1 dinner spoon		thawed frozen mango (if using fresh mango)
1 cup measuring cup (if using thawed frozen mango)		
1 small 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 (if using fresh lime)	lime (if using fresh lime)	1 chef's/utility knife (if using fresh lime)
1 dinner spoon (if using fresh lime)		bottle of lime juice (if using bottled lime juice)
2 small bowls (1 if using bottled lime juice)		
1 set of measuring spoons		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	onion	1 chef's/utility knife
1 set of measuring spoons		
1 small bowl		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	small bunch of cilantro	1 chef's/utility knife
1 set of measuring spoons		
1 small bowl		

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Station #5		
Equipment	Ingredients	Provide during Let's cook!
2 small bowls (if splitting the recipe) OR 1 medium bowl (if not splitting the recipe)	salt	none
1 set of measuring spoons		
2 large cooking spoons (if splitting the recipe)		

Station #6		
Equipment	Ingredients	Tasting supplies
1 large cooking spoon	<i>Baked Tortilla Chips</i>	small paper plates
1 serving tray		plastic forks
tongs		napkins

Recipe Script for Preparing: Mango Salsa Lesson: *Make a Change*

*Before we get started, I want to tell you about the **Baked Tortilla Chips** I made for our **Mango Salsa**. For today's class, I prepared **Baked Tortilla Chips** ahead of time.*

Pass out a copy of the *Baked Tortilla Chips* recipe and have participants follow along as you tell them how you made the recipe.

*This recipe is from the **Eating Smart • Being Active Let's Cook!** cookbook you will receive during our last lesson. Follow along with the recipe while I tell you how to make the tortilla chips. It's easy and you only need 3 ingredients: cooking spray, tortillas, and salt!*

You can make the chips in a regular oven or a toaster oven. The first step is to preheat the oven to 400°F. Next, lightly spray a baking sheet with nonstick cooking spray. To cut the tortillas into chips, you'll stack 3 tortillas on top of each other on a cutting mat. Cut the stack into 8 sections, just like cutting a pizza. You'll end up with 24 total triangles. Place the tortilla triangles on the sprayed baking sheet in a single layer, and spray the tops of the tortilla triangles with cooking spray. Then, sprinkle a small amount of salt on top of the tortilla triangles. You'll bake the chips for 8 to 10 minutes or until they are crisp and light brown. Let them cool down for a few minutes before serving. You can use corn, whole wheat, or white flour tortillas.

*We'll taste the **Baked Tortilla Chips** with our **Mango Salsa**. Now let's make the salsa.*

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.

To prepare today's recipe, we need to cut the fresh fruits and vegetables, juice a lime (if using fresh), and measure the rest of the ingredients. I have already washed the cilantro, vegetables and fruits, including the lime. It is important to wash limes, even though we don't eat the rind.

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

I need 5 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 5 volunteers. Combine steps (to have fewer volunteers) or divide tasks (to have more volunteers) as you think would work 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 each volunteer begins their tasks, use the script to review how to mince, dice or chop their ingredients. 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 Mango Salsa 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 dinner spoon, a 1 cup measuring cup (if using thawed frozen mango), 1 small bowl, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** fresh mango (if using fresh mango)
- **Provide during *Let's Cook!*:** 1 chef's/utility knife, thawed frozen mango (if using frozen mango)

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.

If using fresh mango:

Name of Volunteer #1, please dice the mango into $\frac{1}{4}$ inch pieces. Fresh mangos can be difficult to cut, so I'll demonstrate and walk you through the process of dicing the first half of the mango.

1. *Stand the mango on its end. Place the knife about $\frac{1}{4}$ inch from the stem (which is where the pit is), and cut from top to bottom. Repeat on the opposite side.*
2. *Discard the center with the pit.*

3. *With the peel side down, making sure not to cut through the peel, slice the flesh of the mango in parallel lines from top to bottom about ¼ inch apart, and then side-to-side to create bite-sized pieces.*
4. *Then, use the dinner spoon to scoop out the flesh.*
5. *Repeat on the other half.*

Place the diced mango in the small bowl and pass it to _____ Name of Volunteer #5.

If using thawed frozen mango:

_____ Name of Volunteer #1, please dice the thawed frozen mango into ¼ inch pieces until you have 1 cup. Place the diced mango in a small bowl and pass it to _____ Name of Volunteer #5.

Station #2:

- **Equipment:** 1 cutting mat (if using fresh lime), 1 dinner spoon (if using fresh lime), 2 small bowls (1 if using bottled lime juice), 1 set of measuring spoons
- **Ingredients:** lime (if using fresh lime)
- **Provide during *Let's Cook!*:** 1 chef's/utility knife **OR** bottle of lime juice (if using bottled lime juice)

If using fresh lime: _____ Name of Volunteer #2, *please juice the lime. To release the juices from a lime, roll it back and forth on the cutting mat while putting some pressure on it with your hand. Lay the lime on its side with the stem facing the hand holding the knife. Next, cut the lime in half (set one half aside) and squeeze the juice from the other half into one of the small bowls. Using a clean dinner spoon, scoop out any seeds from the juice and discard. Measure 2 tablespoons of lime juice and pour it into the other small bowl. Pass the bowl with the 2 tablespoons of lime juice to _____ Name of Volunteer #5.*

If using bottled lime juice: _____ Name of Volunteer #2, *measure 2 tablespoons of lime juice and pour it into the small bowl. Pass the bowl of lime juice to _____ Name of Volunteer #5.*

Station #3:

- **Equipment:** 1 cutting mat, 1 set of measuring spoons, 1 small bowl
- **Ingredients:** onion
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #3, please peel the onion and mince it until you have 1 tablespoon. As a reminder, to mince means to cut into $\frac{1}{8}$ inch pieces. 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.

First, slice the onion in half vertically, cutting through the root, to create a flat surface. Set one half of the onion aside. Then, with the flat side on the cutting mat, cut the other half of the onion into $\frac{1}{8}$ inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut $\frac{1}{8}$ inch strips in the other direction. Place 1 tablespoon of minced onion in the bowl and pass the bowl to Name of Volunteer #5.

Next, we need to chop some cilantro. Do you like cilantro? It seems as if people either really like it or they don't like it at all. If you don't like it, you can usually leave it out of recipes.

Station #4:

- **Equipment:** 1 cutting mat, 1 set of measuring spoons, 1 small bowl
- **Ingredients:** small bunch of cilantro
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #4, please chop the cilantro into $\frac{1}{2}$ inch pieces until you have 1 tablespoon of chopped cilantro.

If at least 1 participant doesn't like cilantro: We will split the recipe in half before we add the cilantro so that those of you who don't like cilantro can still taste the **Mango Salsa** without cilantro.

First, separate a bunch of leaves from long thick stems (tender, thin stems can be left on). Discard the thick stems, as these have a woody texture and taste and we will not use them. Now, gather the leaves into a small condensed pile on the cutting mat. Slice through the pile of cilantro leaves. Gather up the cilantro again and slice through in the opposite direction. Repeat this process until the leaves are chopped into $\frac{1}{2}$ inch pieces. Don't press too hard on the knife and avoid cutting the pieces too much. Herbs have natural oils in them and if you cut them too much they will become bruised and have less flavor.

Place 1 tablespoon of chopped cilantro in the bowl, and pass the bowl to Name of Volunteer #5.

Station #5:

- **Equipment:** 2 small bowls (if splitting the recipe), 1 medium bowl (if not splitting the recipe), 2 large cooking spoons (if splitting the recipe), 1 set of measuring spoons
- **Ingredients:** salt

If anyone in the class DOES NOT like cilantro, have volunteer #5 split the salsa ingredients into two small bowls and put cilantro in only half of the salsa. If splitting the recipe, only use half the amount of cilantro called for in the recipe; otherwise the cilantro will overpower the flavor of the salsa.

If NOT splitting the recipe: Name of Volunteer #5, add the mango, onion, and cilantro to the bowl. Then, measure $\frac{1}{4}$ teaspoon of salt and add it to the bowl with the mango, onion and cilantro. Lastly, pour the lime juice over the salsa and mix everything together with the cooking spoon.

If splitting the recipe: Name of Volunteer #5, split the mango between the two small bowls. Measure $\frac{1}{2}$ tablespoon of cilantro and add it to only one of the bowls. Then, measure the following ingredients and add them to each of the small bowls: $\frac{1}{8}$ teaspoon of salt, $\frac{1}{2}$ tablespoon of onion, and 1 tablespoon of lime juice. Use a clean cooking spoon to mix the ingredients in each of the bowls.

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

When you make this at home, you can substitute peach, papaya, or avocado for the mango. You can also serve the salsa as a garnish for chicken or fish.

Station #6:

- **Equipment:** 1 large cooking spoon, 1 serving tray, tongs
- **Ingredients:** *Baked Tortilla Chips*
- **Tasting supplies:** small paper plates, plastic forks, napkins

*Now, we are ready to taste the **Mango Salsa!** Names of Volunteers #1 and #2, using the serving tray and tasting supplies, please serve everyone a taste of the salsa with 2 to 3 tortilla chips.*

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?

When you make this at home, be sure to refrigerate the salsa within 2 hours and use within 2 to 3 days. Baked chips can be stored at room temperature in a sealable plastic bag or air tight container.