

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

Station Set-Up: Zesty Bean Dip

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

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 can opener	can of refried beans	none
½ cup measuring cup	salsa	
2 large cooking spoons (if splitting the recipe)		
2 small bowls (if splitting the recipe)		
1 set of measuring spoons (if splitting the recipe)		

Station #4		
Equipment	Ingredients	Tasting supplies
1 serving tray	<i>Baked Tortilla Chips</i>	small paper plates
1 dinner spoon		napkins
tongs		

Recipe Script for Preparing: Zesty Bean Dip Lesson: *Make a Change*

*Before we get started, I want to tell you about the **Baked Tortilla Chips** I made for our **Zesty Bean Dip**. 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 **Zesty Bean Dip** in just a little bit. Now let's make the dip.*

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 for today's recipe, we need to mince an onion and some cilantro, and measure the rest of the ingredients. I have already washed the cilantro and the top of the can of beans.

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

I need 3 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 3 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 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 **Zesty Bean Dip** 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, 2 medium bowls (place 1 in the 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.

_____ please peel the onion and mince half of it. As a reminder, to mince means to cut into $\frac{1}{8}$ inch pieces.

Note: This recipe calls for $\frac{1}{2}$ a small 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.

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 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 #3.

Station #2:

- **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

Next, we need to mince 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.

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 **Zesty Bean Dip** without cilantro.*

_____ *please mince the cilantro into 1/8 inch pieces until you have 3 tablespoons of minced 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 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 3 tablespoons of minced cilantro in the bowl and pass the bowl to _____
Name of Volunteer #3.

Station #3:

- **Equipment:** 1 can opener, a 1/2 cup measuring cup, 2 large cooking spoons (if splitting the recipe), 2 small bowls (if splitting the recipe), 1 set of measuring spoons (if splitting the recipe)
- **Ingredients:** can of refried beans, salsa

Name of Volunteer #3, open the can of refried beans, and add the beans to the bowl with the onion. Then, measure $\frac{1}{2}$ cup of salsa and add it to the bowl with the refried beans and onion. Use the cooking spoon to thoroughly mix the ingredients.

If anyone in the class DOES NOT like cilantro, have volunteer #3 split the bean dip into two small bowls and put cilantro in only half of the dip. 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 bean dip.

If NOT splitting the recipe: Name of Volunteer #3, add the cilantro to the rest of the bean dip ingredients and mix well.

If splitting the recipe: Name of Volunteer #3, split the bean dip mixture between the two small bowls. Measure $1\frac{1}{2}$ tablespoons of cilantro and add it to only one of the bowls. 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, try adding minced green, red, or yellow pepper. You can also add minced jalapeno to make it spicy.

Station #4:

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

Now, we are ready to taste the **Zesty Bean Dip!** Names of Volunteers #1 and #2, using the serving tray and tasting supplies, please serve everyone a taste of the dip 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 the dip? What about the chips?

Beans are high in protein and fiber and naturally low in fat. Consider serving this **Zesty Bean Dip** as a healthy afterschool snack or as an alternative to ranch dip or queso.

The **Baked Tortilla Chips** are a healthy alternative to store-bought chips because they are made with a small amount of vegetable oil and salt. They are also baked instead of fried, like store-bought chips usually are.

When you make this at home, be sure to refrigerate the dip within 2 hours and use within 3 to 5 days. Baked chips can be stored at room temperature in a sealable plastic bag or air tight container.