

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

Station Set-Up: Enchilada Casserole

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	none	1 chef's/utility knife
1 grater		block of Monterey Jack or Cheddar cheese
1 set of measuring cups		
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 can opener	can of enchilada sauce	1½ cups thawed frozen corn (if using frozen corn)
1 colander	can of beans	
2 large bowls	can of corn (if using canned corn)	
2-quart plastic spill-proof pitcher with a lid, filled with water		
1 liquid measuring cup		
1 set of measuring cups (if using frozen corn)		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
¼ cup measuring cup	none	cooked rice
1 cup measuring cup		
1 rubber spatula/scrapper		
electric skillet		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
kitchen timer	tortillas	none

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Station #5		
Equipment	Ingredients	Provide during Let's cook!
1 large cooking spoon	none	small paper plates
1 serving tray		plastic forks
		napkins

Recipe Script for Preparing: Enchilada Casserole Lesson: *Get Moving!*

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 is great if you have leftover cooked rice. Today, we will use cooked brown rice in the casserole. I like to use brown rice because it is a whole grain and a good source of fiber. If you don't have leftover rice at home, you will need to cook the rice before preparing this recipe.

To prepare today's recipe, we need to shred and measure the cheese, open the cans of enchilada sauce, beans, and corn; and drain and rinse the beans and corn. When using canned food products, it is important to wash the tops of the cans before opening them. If there is dust, dirt, germs or other harmful particles on the can, these things may get into the food when we open the can with the can opener. I washed the tops of all the cans before class. The precooked rice and cheese have been kept cold in my cooler with reusable freeze packs.

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

I need 4 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 4 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.

Today we will be preparing Enchilada Casserole 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 grater, 1 set of measuring cups, 2 medium bowls (1 placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Provide during *Let's Cook!*** 1 chef's/utility knife, block of Monterey Jack or Cheddar cheese

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, use the knife to open the package of cheese and if necessary, cut the block of cheese in half so that it is easy to hold while shredding. Then, use the grater to shred the cheddar (or Monterey Jack) cheese until you have 2½ cups. Be careful, the grater is sharp.

Place the shredded cheese in the bowl, and pass the bowl to _____
Name of Volunteer #4.

Station #2:

- **Equipment:** 1 can opener, 1 colander, 2 large bowls, a 2-quart plastic spill-proof pitcher with a lid filled with water, 1 liquid measuring cup, 1 set of measuring cups (if using frozen corn)
- **Ingredients:** can of enchilada sauce, can of beans, can of corn (if using canned corn)
- **Provide during *Let's Cook!*** 1½ cups thawed frozen corn (if using frozen corn)

If using canned corn: _____
Name of Volunteer #2, use the can opener to open all three cans. Pour the corn and beans into the colander over the large bowl to drain the liquid. Then, rinse the corn and the beans with 3 cups of water to help remove excess salt. Pour the enchilada sauce into the other bowl. Add the rinsed corn and beans from the colander into the bowl with the enchilada sauce. Pass the bowl with corn, beans, and sauce to _____
Name of Volunteer #3.

If using frozen corn: _____
Name of Volunteer #2, use the can opener to open the can of enchilada sauce and can of beans. Pour the beans into the colander over the large bowl to drain the liquid. Then, rinse the beans with 3 cups of water to help remove excess salt. Pour the enchilada sauce into the other bowl. Add the rinsed beans from the colander into the bowl with the enchilada sauce. Measure 1½ cups of corn and add it to the bowl with the beans and enchilada sauce. Pass the bowl with corn, beans, and sauce to _____
Name of Volunteer #3.

As volunteer #1 and #2 are working on their tasks, the educator can warm the tortillas in the skillet.

While _____ *Name of Volunteer #1,* is shredding the cheese and _____ *Name of Volunteer #2,* is preparing the corn, I am going to heat our corn tortillas. This is not a necessary step in the recipe but will add a little flavor and texture to our recipe.

Station #3:

- **Equipment:** a $\frac{1}{4}$ cup measuring cup, 1 cup measuring cup, 1 rubber spatula/scrapper, electric skillet
- **Provide during *Let's Cook!*:** cooked rice

We are now ready to mix our ingredients and begin to assemble the **Enchilada Casserole**. We will leave the skillet off for now.

_____ *Name of Volunteer #3,* first, measure $\frac{1}{4}$ cup of the enchilada sauce and add it to the skillet. This will help prevent the casserole from burning. Then, measure 3 cups of cooked rice and add it to the bowl with the remainder of the enchilada sauce, beans, and corn. Mix everything together with the rubber spatula/scrapper.

Then, put approximately a third of this mixture in the bottom of the skillet (the skillet is still off). Use enough of the mixture to cover the bottom of the skillet completely. Pass the bowl with the remaining mixture to _____ *Name of Volunteer #4.*

Station #4:

- **Equipment:** kitchen timer
- **Ingredients:** tortillas

_____ *Name of Volunteer #4,* spread 6 corn tortillas evenly over the top of the mixture in the skillet. It is okay if the tortillas overlap each other. Then, spread another third of the bean, corn, and rice mixture over the tortillas. Top this layer of bean, corn, and rice mixture with the remaining 6 tortillas and then spread the final third of the bean, corn, and rice mixture over the tortillas. Evenly spread the shredded cheese over this last layer of mixture. Put the lid on the skillet and turn the skillet to medium-low heat.

Set a timer for 5 minutes.

You will notice that the take home recipe recommends preparing the enchilada casserole in a 9 inch x 13 inch pan (or splitting it between two 9 inch square or round pans). The directions in the take-home recipe instruct you to place half of the bean, corn and rice mixture on the

bottom the pan, spread the corn tortillas evenly over the mixture and then, place the second half of mixture on top of tortillas. The take-home recipe is a 2 layer casserole. My electric skillet here in the classroom is deeper and less wide than the 9 inch x 13 inch pan you would use at home. Therefore, I am dividing the ingredients and creating a 3rd layer to the casserole, which will distribute the ingredients more evenly in this smaller space so that it cooks the tortillas more evenly.

While the casserole is cooking, keep a close eye on the skillet to make sure the food doesn't burn. If the bottom of the mixture is sticking or burning, turn the skillet to low.

Everything in this dish is already cooked, but we'll know it is heated through when the cheese is melted and the sauce is bubbling.

Using a skillet with the lid on is like cooking in an oven. At home, you can use your oven and the recipe I gave you includes directions to make this recipe in the oven.

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

You can also add leftover cooked meat and/or vegetables into the casserole layers.

While you can get creative and add other vegetables and/or meat to this recipe, we recommend you don't substitute red enchilada sauce in this dish. The flavor of red enchilada sauce does not work as well as green enchilada sauce with these ingredients.

When the timer goes off, check to see if the cheese is melted and the sauce is bubbling.

If the cheese is melted and the sauce is bubbling, turn off the skillet. When you are at a good stopping point in the lesson, have the participants taste the recipe.

If the cheese is not melted and the sauce is not bubbling, continue to cook the casserole for 3-5 more minutes. Set the timer for 3 minutes, then check it again. Once the cheese is melted and the sauce is bubbling, turn off the skillet. When you are at a good stopping point in the lesson, have the participants taste the recipe.

Station #5:

- **Equipment:** 1 large cooking spoon, 1 serving tray
- **Tasting supplies:** small paper plates, plastic forks, napkins

*Now we are ready to taste the **Enchilada Casserole!** _____ using the tasting supplies and serving tray, please serve everyone a taste of the recipe.*

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 any leftovers within 2 hours and eat them within 3 to 5 days.

You can also freeze the leftovers by double-wrapping them in foil. If you have a small family, you can divide this recipe into two smaller pans and freeze one before baking. It will keep for up to a month in the freezer.