

Let's cook! Plan, Shop, Pack List:

Black Bean Couscous Salad

Ingredients

- 1 can (chicken or vegetable) broth (½ cup used in recipe)
- Couscous, uncooked (½ cup used in recipe)
- Vegetable oil
- Apple cider vinegar
- Ground cumin
- 1 lime or bottled lime juice
- 1 (15 ounce) can black beans
- 1 medium onion (½ used in recipe)
- 1 red or green pepper (½ used in recipe)
- ½ cup frozen or canned corn
- Fresh cilantro

Disposable Supplies

- 3 ounce cups
- Plastic spoons
- Napkins
- Salt and pepper shakers
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Wash the pepper, onion, cilantro, and lime (if using fresh lime).
- Thaw ½ cup of corn (if using frozen corn).
- Wash the tops of the canned foods.
- Print copies of the recipe (1 for each participant).

Equipment

- 4 cutting mats (3 if using bottled lime juice)
- 4 chef's/utility knives (3 if using bottled lime juice)
- 2 sets of measuring spoons
- 1 can opener
- 1 colander
- 4 small bowls (3 if using bottled lime juice)
- 2 medium bowls
- 2 large bowls
- 1 rubber spatula/scrapper
- 2 dinner forks
- 2 dinner spoons (1 if using bottled lime juice)
- 2 large cooking spoons

Equipment (cont.)

- 2 sets of measuring cups
- 2-quart plastic spill-proof pitcher with a lid, filled with water
- 2 liquid measuring cups
- Kitchen timer
- Electric skillet
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels
- Extension cord with long reach
- Surge protector
- Duct tape (for taping down cords)

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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: _____
