

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

Pasta Salad

Ingredients

- 2 cups cooked, cooled pasta (any shape; follow package instructions to cook)
- Vegetable oil
- Apple cider vinegar
- Salt
- Black pepper
- Garlic powder
- Italian seasoning
- Red pepper flakes
- 1 cucumber
- 1 large tomato
- 1 green pepper (½ used in recipe)
- 1 small onion
- Frozen peas (½ cup used in recipe)

Prepare before class

- Cook the pasta. Bring the empty pasta box to class.
- Thaw ½ cup of peas.
- Wash the cucumber, tomato, onion, and green pepper.
- Print copies of the recipe (1 for each participant).

Equipment

- 4 cutting mats
- 4 chef's/utility knives
- 1 medium bowl
- 2 dinner spoons
- 2 sets of measuring cups
- 2 large bowls
- 1 dinner fork
- 1 set of measuring spoons
- 1 large cooking spoon
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

Disposable Supplies

- 3 ounce cups
- Plastic forks
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

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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: _____
