

# Let's cook! Plan, Shop, Pack List: Skillet Mac and Cheese

## Ingredients

- Butter
- 1 large onion (½ used in recipe)
- 3 cups fresh spinach or ¾ cup frozen chopped spinach
- All-purpose flour
- 3 ½ cups milk\*
- ¾ cup water\*
- 2 ½ cups uncooked elbow macaroni
- 8 ounces cheddar cheese

**\*Note: At elevations of 3,000 feet and above use 3 cups of milk and ½ cup of water instead of the amounts listed above.**

## Disposable Supplies

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

## Prepare before class

- Thaw and drain the frozen spinach (if using frozen). Wrap the thawed spinach in a clean towel and wring out the moisture.
- Wash the onion and fresh spinach (if using fresh).
- Print copies of the recipe (1 for each participant).

## Equipment

- 3 cutting mats
- 2 chef's/utility knives (1 if using frozen spinach)
- 3 sets of measuring cups (2 if using frozen spinach)
- 1 grater
- 2 small bowls
- 2 medium bowls
- 1 clean dish towel (if using frozen spinach)
- 1 dinner spoon
- 1 set of measuring spoons
- 2 large cooking spoons
- 1 butter/table knife
- 1 liquid measuring cup
- 2-quart plastic spill-proof pitcher with a lid, filled with

## Equipment (cont.)

- water
- Electric skillet
- Kitchen timer
- 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:** \_\_\_\_\_  
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