

Let's cook! Plan, Shop, Pack List: Summer Italian Vegetables

Ingredients

- 1 medium onion
- 1 medium yellow squash or zucchini
- 1 tomato
- 1 green pepper
- 1 (8 ounce) can tomato sauce
- Italian seasoning
- Garlic powder
- 2 ounces mozzarella cheese
- Salt
- Black pepper

Disposable Supplies

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

Prepare before class

- Wash the squash or zucchini, tomato, onion, and green pepper.
- Wash the top of the can.
- Print copies of the recipe (1 for each participant).

Equipment

- 5 cutting mats
- 5 chef's/utility knives
- 1 grater
- 1 set of measuring cups
- 2 small bowls
- 2 medium bowls
- 1 set of measuring spoons
- 1 can opener
- 1 rubber spatula/scrapper
- 1 dinner fork
- 2 large cooking spoons
- 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: _____
