

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

Station Set-Up: Apple Salad

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 apple	1 chef's/utility knife
1 large bowl		
1 medium bowl (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 cutting mat (if using fresh lemon)	1 lemon (if using fresh lemon)	1 chef's/utility knife (if using fresh lemon)
1 set of measuring spoons		bottle of lemon juice (if using bottled lemon juice)
1 rubber spatula/scrapper		
1 small bowl (if using fresh lemon)		
1 dinner spoon (if using fresh lemon)		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	2 ribs of celery	1 chef's/utility knife
½ cup measuring cup		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	2 carrots	1 chef's/utility knife
1 vegetable peeler		
1 grater		
½ cup measuring cup		

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Station #5		
Equipment	Ingredients	Provide during Let's cook!
½ cup measuring cup	raisins	vanilla yogurt
1 dinner spoon		
1 rubber spatula/scrapper		

Station #6		
Equipment	Ingredients	Tasting Supplies
1 dinner spoon	none	3 ounce cups
1 serving tray		plastic spoons
		napkins

Recipe Script for Preparing: Apple Salad Lesson: *Fruit & Veggies: Half Your Plate*

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.

To start our recipe preparation, we need to dice an apple and some celery and peel and grate a carrot. Then, we will measure the other ingredients. I washed the fruit and vegetables before class. It is important to wash lemons, even though we don't eat the rind. The yogurt we will use later in the recipe has been kept cold in my cooler with reusable freeze packs.

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

I need 5 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 5 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.

As you assign each volunteer their tasks, demonstrate how to mince, dice or chop their ingredient and provide several pieces for the participant as an example on their cutting mat. Follow up with the participants once they have completed their task to be sure each ingredient was cut to the indicated size. If the food pieces are too large, ask the participant to cut any large pieces in half.

*Today we will be preparing **Apple Salad** 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 large bowl, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** 1 apple
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

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, you will dice the apple. Let me show you what ¼ inch pieces look like.

Demonstrate how to dice the apple using the script below and provide several ¼ inch pieces of apple as an example for the participant on their cutting mat.

There is no need to peel the apple; there is a lot of good fiber and nutrients in the peel. First, make a flat surface on the apple by cutting it in half through the core. With the flat surface on the cutting mat, make a cut down each side of the core and discard the core. Slice each of the large pieces into ¼ inch slices. Next, arrange the apple slices next to each other or stacked on top of each other and slice them into ¼ inch strips. Then, rotate the apple strips 90 degrees, and cut those strips into ¼ inch pieces. Place the diced apple in the large bowl and pass the bowl to _____ Name of Volunteer #2.

Station #2:

- **Equipment:** 1 cutting mat (if using fresh lemon), 1 set of measuring spoons, 1 rubber spatula/scrapper, 1 small bowl (if using fresh lemon), 1 dinner spoon (if using fresh lemon)
- **Ingredients:** 1 lemon (if using fresh lemon)
- **Provide during *Let's Cook!*:** 1 chef's/utility knife (if using fresh lemon) **OR** bottle of lemon juice (if using bottled lemon juice)

If using fresh lemon: _____ Name of Volunteer #2, you will juice half of the lemon. To release the juices from a lemon, roll it back and forth on the cutting mat while putting some pressure on it with your hand. Lay the lemon on its side with the stem facing the hand holding the knife. Cut the lemon in half and set one half aside. Squeeze the juice from the other half of the lemon into the bowl. Using the dinner spoon, scoop out any seeds from the juice and discard. Measure 1 teaspoon of lemon juice and pour it over the apples.

If using bottled lemon juice: _____ Name of Volunteer #2, measure 1 teaspoon of lemon juice and pour it over the apples.

Use the rubber spatula/scrapper to toss the apple in the lemon juice. The lemon juice will keep the apple from turning brown. At home, if you don't have a lemon or lemon juice, you can use orange juice, apple juice, or pineapple juice. Pass the bowl of diced apples to _____ *Name of Volunteer #3.*

Station #3:

- **Equipment:** 1 cutting mat, a ½ cup measuring cup
- **Ingredients:** 2 ribs of celery
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

We want the pieces of celery to be about the same size as the pieces of apple.

_____ *Name of Volunteer #3,* you will dice ½ cup of celery. Let me show you what ¼ inch pieces of celery look like.

Demonstrate how to dice the celery using the script below and provide several ¼ inch slices of celery as an example for the participant on their cutting mat.

The head of celery we buy at the grocery store is called a stalk of celery. A stalk is made of several individual ribs of celery. Begin by cutting off and discarding the ends of the celery ribs. Then, slice each rib length-wise into ¼ inch strips. Next, rotate the celery strips 90 degrees and dice those strips into ¼ inch pieces until you have ½ cup of diced celery. Add the celery to the bowl with the apple. Pass the bowl to _____ *Name of Volunteer #4.*

Station #4:

- **Equipment:** 1 cutting mat, 1 vegetable peeler, 1 grater, a ½ cup measuring cup
- **Ingredients:** 2 carrots
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Food safety experts recommend peeling carrots. _____ *Name of Volunteer #4,* please peel the carrot, then cut off and discard the ends of the carrots. Next, you will grate the carrots. You may cut the carrots in half to make it easier to hold the carrots while grating. If your grater has multiple sides, use the side with the largest holes. Be careful, the grater is sharp.

Demonstrate how to grate the carrot using the grater.

_____ *Name of Volunteer #4,* continue grating the carrot until you have ½ cup of grated carrot. Add the carrot to the bowl with the apple and celery. Pass the bowl to _____ *Name of Volunteer #5.*

Station #5:

- **Equipment:** a ½ cup measuring cup, 1 dinner spoon, 1 rubber spatula/scrapper
- **Ingredients:** raisins
- **Provide during *Let's Cook!*:** vanilla yogurt

Name of Volunteer #5, measure ½ cup of raisins and ½ cup of yogurt and add them to the bowl with the apple, celery, and carrots. Mix all the ingredients together using the rubber spatula/scrapper.

If you make this at home, put the salad in the refrigerator for at least an hour before serving to allow the flavors to mix together.

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

If you like nuts, you can also add ½ cup of chopped walnuts, almonds, or pecans to the salad for a little added crunch and protein.

Station #6:

- **Equipment:** 1 dinner spoon, 1 serving tray
- **Tasting supplies:** 3 ounce cups, plastic spoons, napkins

Now, we are ready to taste the **Apple Salad!** _____
Names of Volunteers #1 and #2, use the serving tray and tasting supplies to 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 it?

Apples, carrots and celery are inexpensive and readily available year-round. They are low in calories and packed with fiber, vitamins and minerals; making this apple salad a great choice for a family picnic side dish or an easy after school snack.

When you make this at home, be sure to refrigerate any leftovers within 2 hours and eat them within 3 to 5 days.