

Cowboy Caviar

Let's cook! Station Set-Up:

Cowboy Caviar

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 onion	1 chef's/utility knife
1 small 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 can opener	can of kidney beans	none
1 colander	can of black beans	
2 large bowls	can of corn	
1 large cooking spoon	can of green chiles	
2-quart plastic spill-proof pitcher with a lid filled with water	can of diced tomatoes	
1 liquid measuring cup		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	3 limes	1 chef's/utility knife
1 small bowl	vegetable oil	
1 set of measuring spoons		
1 large cooking spoon		
1 dinner spoon		

Station #4		
Equipment	Ingredients	Tasting supplies
1 large cooking spoon	<i>Baked Tortilla Chips</i>	small paper plates
1 serving tray	hot sauce	plastic spoons
tongs		napkins
		salt and pepper shakers

Recipe Script for Preparing: Cowboy Caviar Lesson: *Plan, Shop, \$ave*

*This recipe is great by itself or with tortilla chips. For today's class, I prepared **Baked Tortilla Chips** ahead of time.*

Pass out a copy of the *Baked Tortilla Chips* recipe, point to the *Baked Tortilla Chips* at station 4 and have participants follow along as you tell them how you made the chips.

*This recipe is from the **Eating Smart • Being Active Let's Cook!** cookbook you will receive during our last lesson. Follow along on the recipe while I tell you how to make the tortilla chips. For this recipe, you can use corn, whole wheat, or white flour tortillas. Whole wheat tortillas are considered whole grain.*

*You can make the chips in a regular oven or a toaster oven. The first step is to preheat the oven to 400°F. Next, lightly spray a baking sheet with nonstick cooking spray. To cut the tortillas into chips, you'll stack three tortillas on top of each other on a cutting mat. Cut the stack into 8 sections, just like cutting a pizza. You'll end up with 24 total triangles. Place the tortilla triangles on the sprayed baking sheet in a single layer, and spray the tops of the tortilla triangles with cooking spray. Then, sprinkle a small amount of salt on top of the tortilla triangles. You'll bake the chips for 8 to 10 minutes or until they are crisp and light brown. Let them cool down for a few minutes before serving. We'll taste the **Baked Tortilla Chips** after we make the **Cowboy Caviar**.*

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 prepare the **Cowboy Caviar**, we need to mince an onion, juice three limes, drain and rinse some of our canned foods, and measure the rest of the ingredients. When using canned food products, it is important to rinse the tops of the cans before opening them. If there is dust, dirt, germs or other harmful particles on the can, these things may get into the food when we open the can with the can opener. I have already washed the tops of all of the cans, the onion and the limes. It is important to wash limes, even though we don't eat the rind.*

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

I need 3 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 3 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 Cowboy Caviar 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 small bowl, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** 1 onion
- **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.

The flavor of raw onion is much stronger than the flavor of cooked onion. When using raw onion in a recipe that will not be cooked, it's good to mince it finely so there won't be too much onion in any one bite.

Name of Volunteer #1, you will mince half an onion; let me show you how.

Note: This recipe calls for $\frac{1}{2}$ medium onion.

Demonstrate how to peel and mince the onion using the script below and provide several $\frac{1}{8}$ inch pieces of onion as an example for the participant on their cutting mat.

Let's start by peeling the onion. First, remove any loose, papery skin. Next, lay the onion on its side with the stem facing the hand holding the knife. Then, cut down partially through the stem and with your knife holding the stem down, pull the body of the onion back to remove the first section of outer layer skin. Now, continue peeling off this outer layer of skin all the way around the onion. After the outer peel has been removed, peel and remove the next thin layer of skin all the way around the onion. Last, cut off the exterior of the root.

Slice the onion in half vertically, cutting through the root, to create a flat surface. We're only using half of the onion today, so I will set one of the onion halves aside. Then, with the flat side on the cutting mat, cut the other half of the onion into 1/8 inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut 1/8 inch strips in the other direction.

Name of Volunteer #1, please mince the remaining onion, place the minced onion in the bowl and pass it to _____
Name of Volunteer #2.

Station #2:

- **Equipment:** 1 can opener, 1 colander, 2 large bowls, 1 large cooking spoon, a 2-quart plastic spill-proof pitcher with a lid filled with water, 1 liquid measuring cup
- **Ingredients:** can of kidney beans, can of black beans, can of corn, can of green chiles, can of diced tomatoes

Name of Volunteer #2, please open all 5 cans. Set the cans of green chiles and canned tomatoes aside for a minute. These cans will not be drained.

Place the colander on top of one of the bowls and pour the cans of beans and corn into the colander to drain. Then, rinse the beans and corn with 3 cups of water to remove excess salt. Pour the corn and beans from the colander into the 2nd bowl.

Add the green chiles (with liquid) and canned tomatoes (with liquid) to the bowl with the corn and beans. Last, add the minced onion and mix all of the ingredients together with the large cooking spoon. Pass the bowl to _____
Name of Volunteer #3.

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

If you make this at home, you can substitute any kind of beans you have. Be sure to drain and rinse them. You can also make it spicier by adding chopped jalapenos or hot sauce.



Station #3:

- **Equipment:** 1 cutting mat, 1 small bowl, 1 set of measuring spoons, 1 large cooking spoon, 1 dinner spoon
- **Ingredients:** 3 limes, vegetable oil
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #3, you will juice the limes. To release the juices from a lime, roll it back and forth on the cutting mat while putting some pressure on it with your hand. Lay each lime on its side with the stem facing the hand holding the knife and then, cut the limes in half. Next, squeeze the juice from each lime into the small bowl. Using the dinner spoon, remove any seeds and then add the lime juice to the bowl with the rest of the ingredients. Next, measure 1 tablespoon of vegetable oil, add it to the bowl and stir all the ingredients together.

Station #4:

- **Equipment:** 1 large cooking spoon, 1 serving tray, tongs
- **Ingredients:** *Baked Tortilla Chips*, hot sauce
- **Tasting supplies:** small paper plates, plastic spoons, napkins, salt and pepper shakers

*This recipe calls for salt and pepper "to taste." At home, you can taste the **Cowboy Caviar** after stirring in the lime juice and oil, and add salt, pepper and/or hot sauce in the amount you like before serving. Today, we will pass around the salt and pepper shakers and hot sauce and you can decide if you want to add any of these to the dish. I encourage you to taste the dish first.*

*Now, we are ready to taste the **Cowboy Caviar!** _____
Names of Volunteers #1 and #2, using the serving tray and tasting supplies, please serve everyone a taste of the recipe. Place a small amount of **Cowboy Caviar** with 2 to 3 **Baked Tortilla Chips** on each plate. You can use the tongs to serve the tortilla chips.*

Everyone: please taste the recipe, and then if you would like, you can add hot sauce and salt and/or pepper.

Ask the participants about the recipe while they are eating.

*What do you think of the **Cowboy Caviar**? Do you like the **Baked Tortilla Chips**? Do you think your family would like this dish?*

*Beans are high in protein and fiber and naturally low in fat. Consider serving this **Cowboy Caviar** as a healthy afterschool snack or as an alternative to ranch dip or queso.*

*The **Baked Tortilla Chips** are a healthy alternative to store-bought chips because they are made with a small amount of vegetable oil and salt. They are also baked instead of fried, like store-bought chips usually are.*

*When you make this recipe at home, be sure to refrigerate any leftover **Cowboy Caviar** within 2 hours and eat it within 3 to 5 days. Baked chips can be stored at room temperature in a sealable plastic bag or air tight container.*