

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

Station Set-Up: Skillet Lasagna

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 grater	none	1 chef's/utility knife
1 cutting mat		block of mozzarella cheese
1 cup measuring cup		
2 small bowls		
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 small bowl	Italian seasoning	grated Parmesan cheese
1 large bowl		15 ounce carton of cottage cheese
¼ cup measuring cup		
1 set of measuring spoons		
1 large cooking spoon		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
electric skillet	cooking spray	cooked lasagna noodles
1 rubber spatula/scrapper	jar of tomato pasta sauce	thawed and drained spinach
1 butter/table knife		
1 cutting mat		
kitchen timer		

Station #4		
Equipment	Ingredients	Tasting supplies
1 turner/spatula	none	small paper plates
1 serving tray		plastic forks
		napkins

Recipe Script for Preparing: Skillet Lasagna Lesson: *Get Moving!*

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.

*I cooked the lasagna noodles and thawed the spinach before class. The spinach was thawed in the refrigerator overnight. Then I drained it by placing the thawed spinach in a clean kitchen towel and squeezing out the remaining liquid over the sink. **Demonstrate wringing motion using a clean kitchen towel (without the spinach).***

The precooked lasagna noodles and dairy items have been kept cold in my cooler with reusable freeze packs. Let's start by preparing and measuring all the ingredients.

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

I need 4 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 4 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.

*Today we will be preparing **Skillet Lasagna** 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 grater, 1 cutting mat, a 1 cup measuring cup, 2 small bowls, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Provide during *Let's Cook!*:** 1 chef's/utility knife, block of mozzarella cheese

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, use the knife to open the package of cheese and if necessary, cut the block of cheese in half so that it is easy to hold while shredding. Then, use the grater to shred 2 cups of cheese. Be careful, the grater is sharp.

Measure 1 cup of the shredded cheese and place it in one of the bowls. Next, measure a 2nd cup of shredded cheese and place it in the other bowl. Pass both bowls to _____ Name of Volunteer #3 to use later in the recipe.

Station #2:

- **Equipment:** 1 small bowl, 1 large bowl, a $\frac{1}{4}$ cup measuring cup, 1 set of measuring spoons, 1 large cooking spoon
- **Ingredients:** Italian seasoning
- **Provide during *Let's Cook!*:** grated Parmesan cheese, 15 ounce carton of cottage cheese

_____ Name of Volunteer #2, measure $\frac{1}{4}$ cup of parmesan cheese and place it in the large bowl. Then, measure 1 tablespoon of Italian seasoning and add it and the cottage cheese (15 ounces) to the large bowl. Mix the ingredients together with the large cooking spoon. Pass the large bowl and the cooking spoon to _____ Name of Volunteer #3.

Then, measure a second $\frac{1}{4}$ cup of the grated parmesan cheese and place it in the small bowl. Pass the small bowl to _____ Name of Volunteer #4.

Station #3:

- **Equipment:** electric skillet, 1 rubber spatula/scrapper, 1 butter/table knife, 1 cutting mat, kitchen timer
- **Ingredients:** cooking spray, jar of tomato pasta sauce
- **Provide during *Let's Cook!*:** cooked lasagna noodles, thawed and drained spinach

We're now ready to assemble our lasagna. We will leave the skillet off while we add our ingredients.

Name of Volunteer #3, spray the skillet with cooking spray. Then, spread half the jar of tomato pasta sauce on the bottom of the skillet with the rubber spatula/scrapper. Top with 4 lasagna noodles. You may need to cut the lasagna noodles so they fit in the skillet. If so, use the butter/table knife and cutting mat to cut them to size.

Spread half of the cottage cheese mixture from the large bowl over the noodles in a thin layer (you may not be able to completely cover the noodles). Top the cottage cheese mixture with half of the spinach, and sprinkle one of the bowls of shredded mozzarella cheese over the top.

Name of Volunteer #4, add the remaining 4 lasagna noodles, and spread the rest of the cottage cheese mixture over the noodles in a thin layer. Then, add the rest of the spinach, the remaining tomato pasta sauce, and the other bowl of shredded mozzarella cheese. Lastly, sprinkle the parmesan cheese from the small bowl over the top of the lasagna. Put the lid on the skillet, and turn it to medium-low heat.

Set a timer for 20 minutes.

We will let this cook for about 20 minutes until the mixture is hot and bubbly and the cheese is melted.

Share with the participants how to cook this dish on the stovetop or in the oven.

You can make this recipe in a skillet, on the stove top, or in the oven. If you make the lasagna on the stove top, assemble everything in a large frying pan or skillet and cover it with a lid, just like we did in class. Then, turn the burner on the stove to medium-low, and cook the lasagna for about 20 minutes or until the mixture is bubbly and the cheese is melted.

If you bake the lasagna in the oven, assemble the lasagna in a 9x9 baking dish, cover the dish with aluminum foil and cook in the oven at 350°F for 20 minutes. Remove the foil and cook uncovered for an additional 5 minutes or until the top layer of cheese is lightly browned.

While the lasagna is cooking, you can continue the lesson. Keep a close eye on the skillet to make sure the food doesn't burn. If the bottom layer of the lasagna appears to be sticking or burning, turn the skillet to low heat.

After 20 minutes, turn off the skillet.

The cheese is melted so I am going to turn off the skillet. The lasagna needs to sit for 5 minutes covered before serving.

Set a timer for 5 minutes.

After the timer goes off and when you are at a good stopping point in the lesson, have participants taste the lasagna.

Station #4:

- **Equipment:** 1 turner/spatula, 1 serving tray
- **Tasting supplies:** small paper plates, plastic forks, napkins

*We are ready to taste the **Skillet Lasagna!** _____ Names of Volunteers #1 and #2, using the tasting supplies and serving tray, please 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 this dish?

Preparing foods from scratch (using basic ingredients, not a prepared mixture of ingredients) instead of purchasing convenience foods like store-bought frozen entrees, often saves us money and is usually a healthier choice. When we cook foods at home using fresh ingredients, we can control the amount of salt we put in the dish. Convenience foods often contain a lot of salt and other preservatives.

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