

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

## Station Set-Up: Summer Italian Vegetables

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	none	1 chef's/utility knife
1 grater		mozzarella cheese
½ cup measuring cup		
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	Tasting supplies
1 small bowl	tomato sauce	none
1 set of measuring spoons	Italian seasoning	
1 can opener	garlic powder	
1 rubber spatula/scrapper		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 onion	1 chef's/utility knife
1 medium bowl		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 squash (or zucchini)	1 chef's/utility knife

Station #5		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 tomato	1 chef's/utility knife

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

## Station Set-Up: Summer Italian Vegetables

Station #6		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 green pepper	1 chef's/utility knife

Station #7		
Equipment	Ingredients	Provide during Let's cook!
electric skillet	none	none
1 large cooking spoon		
1 dinner fork		
kitchen timer		

Station #8		
Equipment	Ingredients	Tasting supplies
1 large cooking spoon	none	3 ounce cups
1 serving tray		plastic forks
		napkins
		salt and pepper shakers

## Recipe Script for Preparing: Summer Italian Vegetables 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 prepare for today's recipe, we need to dice or chop the fresh vegetables, open a can of tomato sauce, shred the cheese, and measure the other ingredients. The cheese has been kept cold in my cooler with reusable freeze packs.*

*When using canned food products, it is important to wash 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 washed the top of the can of tomato sauce and the vegetables before class.*

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

*I need 7 volunteers to help with the preparation of the recipe. Who would like to help?*

**Note:** Recommended – 7 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, cooking will take longer). If the food pieces are too large, ask the participant to cut any large pieces in half.**

*Today we will be preparing **Summer Italian Vegetables** 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 grater, a ½ cup measuring cup, 1 small bowl, 1 medium bowl (place 1 in the center of the 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.*

*\_\_\_\_\_ 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 the mozzarella cheese until you have ½ cup. Be careful, the grater is sharp. Place the shredded cheese in the small bowl and pass the bowl to \_\_\_\_\_ Name of Volunteer #7.*

**Station #2:**

- **Equipment:** 1 small bowl, 1 set of measuring spoons, 1 can opener, 1 rubber spatula/scrapper
- **Ingredients:** tomato sauce, Italian seasoning, garlic powder

*\_\_\_\_\_ open the can of tomato sauce and pour it into the bowl. Measure 1 teaspoon of Italian seasoning and ½ teaspoon of garlic powder and add them to the tomato sauce. Use the rubber spatula/scrapper to mix the seasonings into the tomato sauce. Pass the bowl with the tomato sauce mixture to \_\_\_\_\_ Name of Volunteer #7*

**Station #3:**

- **Equipment:** 1 cutting mat, 1 medium bowl
- **Ingredients:** 1 onion
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

*\_\_\_\_\_ you will dice the onion. Would you like me to show you how to peel the onion?*

**Note:** This recipe calls for 1 medium onion.

**If yes, demonstrate how to peel the onion using the script below.**

*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 a small piece of the outer skin layer. 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.*

**If no, after the participant peels the onion proceed to demonstrating how to dice the onion.**

*Let me show you what ¼ inch pieces look like.*

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

*Slice the onion in half vertically, cutting through the root, to create a flat surface. Then, with the flat side on the cutting mat, cut the onion into ¼ inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut ¼ inch strips in the other direction.*

*\_\_\_\_\_ Name of Volunteer #3, please dice the remaining onion. Place the diced onion in the bowl and pass the bowl to \_\_\_\_\_ Name of Volunteer #4.*

**Station #4:**

- **Equipment:** 1 cutting mat
- **Ingredients:** 1 squash (or zucchini)
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

*\_\_\_\_\_ Name of Volunteer #4, you will chop the squash (or zucchini). Let me show you what ½ inch pieces look like.*

**Demonstrate how to chop the squash (or zucchini) using the script below and provide several ½ inch pieces of squash (or zucchini) as an example for the participant on their cutting mat.**

*First, cut off and discard the ends of the squash (or zucchini). Next, cut the squash (or zucchini) in half length-wise to create a flat surface on the cutting mat. With the flat side on the cutting mat, slice each half of squash (or zucchini) length-wise into ½ inch strips; then, turn the strips 90 degrees and chop them into ½ inch pieces.*

Add the chopped squash (or zucchini) to the bowl with the onion and pass the bowl to

\_\_\_\_\_  
Name of Volunteer #5.

**Station #5:**

- **Equipment:** 1 cutting mat
- **Ingredients:** 1 tomato
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

\_\_\_\_\_  
Name of Volunteer #5, you will chop the tomato into  $\frac{1}{2}$  inch pieces. Let me show you how to chop the tomato.

**Demonstrate how to chop the tomato using the script below and provide several  $\frac{1}{2}$  inch pieces of tomato as an example for the participant on their cutting mat.**

Place the tomato stem-side up on the cutting board and remove any green stem and leaves. Cut the tomato in half from top to bottom, cutting through the core. Remove the core from each half by making a "V" cut around the core. To chop, start with the flat side of the tomato half on the cutting mat and cut the tomato into  $\frac{1}{2}$  inch slices. Next, arrange the tomato slices next to each other or stacked on top of each other flat on the cutting mat and slice them into  $\frac{1}{2}$  inch strips. Then, rotate the tomato strips 90 degrees, and cut the strips into  $\frac{1}{2}$  inch pieces.

\_\_\_\_\_  
Name of Volunteer #5, chop the remaining tomato, add the chopped tomato to the bowl with the onion and squash (or zucchini) and pass the bowl to \_\_\_\_\_  
Name of Volunteer #6.

**Station #6:**

- **Equipment:** 1 cutting mat
- **Ingredients:** 1 green pepper
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

\_\_\_\_\_  
Name of Volunteer #6 you will dice the pepper. Let me show you what  $\frac{1}{4}$  inch pieces look like.

**Demonstrate how to dice the pepper using the script below and provide several  $\frac{1}{4}$  inch pieces of pepper as an example for the participant on their cutting mat.**

Start by cutting the pepper in half through the stem and removing the seeds and membranes. Next, with the flat side on the cutting mat, cut each half of the pepper length-wise into  $\frac{1}{4}$  inch strips. Then, rotate the pepper strips 90 degrees and cut those strips into  $\frac{1}{4}$  inch pieces.

\_\_\_\_\_  
Name of Volunteer #6, please dice the remaining green pepper. Place the diced green pepper in the bowl with the onion, squash and tomato. Pass the bowl of vegetables to \_\_\_\_\_  
Name of Volunteer #7.

**Station #7:**

- **Equipment:** electric skillet, 1 large cooking spoon, 1 dinner fork, kitchen timer

*\_\_\_\_\_ Name of Volunteer #7, turn the skillet to medium-low heat. Place the vegetables in the skillet. Next, pour the sauce over the vegetables in the skillet. Stir the vegetables to coat completely in sauce and put the lid on the skillet. We're going to cook our vegetables 8-10 minutes or until the squash (or zucchini) is tender.*

**Set the timer for 8 minutes.**

**While the recipe is cooking, you can continue the lesson.**

*While the recipe cooks, let's continue with our lesson. \_\_\_\_\_ Name of Volunteer #1, will you please stir the vegetables every few minutes? If the mixture is sticking to the skillet, turn the skillet to low heat.*

**When the timer goes off, check the vegetables.**

*\_\_\_\_\_ Name of Volunteer #1, will you please check the vegetables to see if they are tender? Using the dinner fork, pierce the squash (or zucchini) and see if it's tender. "Tender" refers to the fact that your teeth (or a fork or knife) can easily sink all the way through.*

**If the squash (or zucchini) is not tender, cook for another 3-5 minutes. When the vegetables are cooked, have volunteer #6 add the cheese.**

*Now that the vegetables are cooked, we're going to add the cheese. \_\_\_\_\_ Name of Volunteer #7, please sprinkle the shredded mozzarella cheese on top of the vegetables. When you're done, put the lid on the skillet.*

*We're going to cook the dish for another 1-2 minutes until the cheese is melted.*

**While you wait for the cheese to melt, talk about the recipe with participants. Share the *Be Creative!* tip with the participants.**

*When you make this at home, you can bake it in the oven instead of using a skillet. In that case, you would put the vegetables and sauce in a 9x9 baking dish and bake it for 30-35 minutes at 350°F. The recipe I gave you today and the one in the cookbook have the directions for cooking this dish in the oven.*

*You could make this dish into a one-dish meal by adding in the seasoned, cooked ground beef, chicken, or turkey with the vegetables before you cook them.*

*What other kinds of vegetables would you use in this recipe?*

**Once the cheese has melted, turn off the skillet.**

**Station #8:**

- **Equipment:** 1 large cooking spoon, 1 serving tray
- **Tasting supplies:** 3 ounce cups, plastic forks, napkins, salt and pepper shakers

*This recipe calls for salt and pepper “to taste.” At home, you can taste the **Summer Italian Vegetables** and add salt and pepper in the amount you like before serving. Today, we will pass around salt and pepper shakers and you can decide if you want to add either to your vegetables. I encourage you to taste the vegetables first.*

*Now, we are ready to taste the **Summer Italian Vegetables!** \_\_\_\_\_ Names of Volunteers #2 and #3, using the serving tray and tasting supplies, please serve everyone a taste of the recipe.*

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

**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?*

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