

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

Station Set-Up: Tuna Salad

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	4 ribs of celery	1 chef's/utility knife
1 cup measuring cup		
2 medium bowls (1 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	1 bunch of grapes	1 chef's/utility knife
1 cup measuring cup		
1 small bowl		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 can opener	2 cans of tuna	mayonnaise
1 colander		yogurt
1 large bowl		
2 sets of measuring spoons		
1 large cooking spoon		

Station #4			
Equipment	Ingredients	Tasting supplies	Provide during Let's cook!
1 dinner spoon	none	small paper plates	lettuce leaves
1 serving tray		plastic forks	
tongs		napkins	

Recipe Script for Preparing: Tuna Salad Lesson: *Go Lean with Protein*

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 open and drain the cans of tuna, chop the fresh fruit and vegetables, and measure the rest of the ingredients. I have already washed the celery, grapes, lettuce, and the tops of the cans of tuna. The mayonnaise and 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 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, ask the participant if they would like you to 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 Tuna 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, a 1 cup measuring cup, 2 medium bowls (place 1 in the center of the table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** 4 ribs of celery
- **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.

_____ you will mince 1 cup of celery. Would you like me to show you what 1/8 inch pieces look like?

If yes, demonstrate how to mince the celery using the script below and provide several 1/8 inch pieces of celery as an example for the participant on their cutting mat.

If no, read the script below as the volunteer minces the celery.

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. First, cut off and discard the ends of the celery ribs. Then, slice each rib length-wise into 1/8 inch strips. Next, rotate the celery strips 90 degrees and mince those strips into 1/8 inch pieces until you have 1 cup of minced celery. Place the minced celery in the bowl and pass it to _____

Station #2:

- **Equipment:** 1 cutting mat, a 1 cup measuring cup, 1 small bowl
- **Ingredients:** 1 bunch of grapes
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

_____ you will cut the grapes in half until you have 1 cup of halved grapes. Place the halved grapes in the bowl and pass the bowl to _____

Station #3:

- **Equipment:** 1 can opener, 1 colander, 1 large bowl, 2 sets of measuring spoons, 1 large cooking spoon
- **Ingredients:** 2 cans of tuna
- **Provide during *Let's Cook!*:** mayonnaise, yogurt

Name of Volunteer #3, open both cans of tuna. Drain the tuna in the colander over the bowl. Add the drained tuna to the bowl with the celery. Next, measure 2 tablespoons of mayonnaise and 2 tablespoons of yogurt and add them to the bowl with the tuna and celery. Mix these ingredients thoroughly. Then, add the grapes to the bowl with the tuna salad, and gently stir the grapes into the mixture.

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

When you make this at home, try using chopped apples or mandarin oranges instead of grapes. You can also add shredded carrots and serve on crackers, tortillas, or bread.

Station #4:

- **Equipment:** 1 dinner spoon, 1 serving tray, tongs
- **Tasting supplies:** small paper plates, plastic forks, napkins
- **Provide during *Let's Cook!*:** lettuce leaves

Now, we are ready to taste the **Tuna Salad!** *Names of Volunteers #1 and #2,* using the serving tray and tasting supplies, please serve everyone a taste of the recipe. Using the tongs, place a leaf of lettuce on each plate, and then add a dollop of tuna salad on top of each lettuce leaf.

Ask participants about the recipe while they are eating.

What do you think of this recipe? Do you think your family would like this dish?

Canned tuna is an inexpensive source of lean protein. Like the fat in other fish and shellfish, some of the fat in tuna is from omega-3 fatty acids, which is a healthy fat that is good for heart health and important for brain development and vision of our growing children.

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