

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

Station Set-Up: Winter Italian Vegetables

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 head of broccoli	1 chef's/utility knife
½ cup measuring cup		
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	1 head of cauliflower	1 chef's/utility knife
½ cup measuring cup		

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

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	2 zucchini	1 chef's/utility knife

Station #5		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	4 ribs of celery	1 chef's/utility knife
1 cup measuring cup	15 oz. can of tomato sauce	
1 can opener		

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Station #6		
Equipment	Ingredients	Provide during Let's cook!
electric skillet	water	none
2-quart spill-proof pitcher with a lid, filled with water	uncooked spiral pasta	
1 liquid measuring cup	Italian seasoning	
1 large cooking spoon		
1 cup measuring cup		
½ cup measuring cup		
1 set of measuring spoons		
kitchen timer		
1 dinner fork		

Station #7		
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: Winter 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 cut the fresh vegetables, open a can of tomato sauce, and measure the other ingredients.

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.

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

Use whole wheat pasta to include more whole grains in the dish. The pasta I prepared for our recipe today is _____.

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

I need 6 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 6 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 **Winter 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, a ½ cup measuring cup, 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 head of broccoli
- **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 chop 1 cup of broccoli. Let me show you how to chop the broccoli.

Demonstrate how to chop the broccoli using the script below and provide several ½ inch pieces of broccoli as an example for the participant on their cutting mat.

When cooking with broccoli you can almost always use the stalk and the florets. Begin by cutting off and discarding the end of the stalk. Then, cut a few florets off the stalk and chop the florets into ½ inch pieces until you have ½ cup. Place the ½ cup of diced broccoli florets in the bowl. Next, cut off part of the broccoli stalk and slice it into ½ inch strips. Then, rotate the broccoli stalk strips 90 degrees and chop those strips into ½ inch pieces until you have ½ cup. Add the ½ cup of chopped broccoli stalks to the bowl with the chopped broccoli florets and pass the bowl to _____

Station #2:

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

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 $\frac{1}{4}$ inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut $\frac{1}{4}$ inch strips in the other direction.

_____ Name of Volunteer #3, please dice the remaining onion and add the diced onion to the bowl with the broccoli and cauliflower and pass the bowl to _____ Name of Volunteer #4.

Station #4:

- **Equipment:** 1 cutting mat
- **Ingredients:** 2 zucchini
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

_____ Name of Volunteer #4, you will slice the zucchini. Let me show you how to slice the zucchini into $\frac{1}{4}$ inch pieces.

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

First, cut off and discard both ends of the zucchini. Next, cut the zucchini in half length-wise to create a flat surface. Then, with the flat side on the cutting mat, slice each half into $\frac{1}{4}$ inch thick half circles. Add the sliced zucchini in the bowl with the onion, broccoli, and cauliflower and pass the bowl to _____ Name of Volunteer #5.

Station #5:

- **Equipment:** 1 cutting mat, a 1 cup measuring cup, 1 can opener
- **Ingredients:** 4 ribs of celery, 15 oz. can of tomato sauce
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

_____ Name of Volunteer #5, you will dice 1 cup of celery. Let me show you what $\frac{1}{4}$ inch pieces look like.

Demonstrate how to dice the celery using the script below and provide several $\frac{1}{4}$ inch pieces 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. First, cut off and discard the ends of the celery ribs. Then, slice each rib length-wise into $\frac{1}{4}$ inch strips. Rotate the celery strips 90 degrees and dice those strips into $\frac{1}{4}$ inch pieces until you have 1 cup of diced celery. Add 1 cup of diced celery to the bowl with the other vegetables.

Next, use the can opener to open the can of tomato sauce. Pass the bowl of vegetables and the open tomato sauce to Name of Volunteer #6.

Station #6:

- **Equipment:** electric skillet, a 2-quart spill-proof pitcher with a lid filled with water, 1 liquid measuring cup, 1 large cooking spoon, a 1 cup measuring cup, a ½ cup measuring cup, 1 set of measuring spoons, kitchen timer, 1 dinner fork
- **Ingredients:** uncooked spiral pasta, Italian seasoning

Name of Volunteer #6, measure 1½ cups of water and then pour it and the can of tomato sauce into the skillet. Stir thoroughly to combine. Put the lid on the skillet and turn the skillet to medium-high heat to bring the liquid to a boil. Next, measure 1½ cups of uncooked pasta and once the liquid is boiling, add the pasta to the skillet. Cook for 3 minutes with the lid on the skillet.

Set a timer for 3 minutes.

While the pasta cooks for 3 minutes, let's talk about this recipe. What other vegetables might you use in this recipe? Anything else you might add to it?

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

For a more substantial meal, try adding 1 pound of seasoned, cooked ground beef or turkey when you add the pasta.

When the timer goes off, have volunteer #6 add the vegetables.

Now that the pasta has cooked for 3 minutes, Name of Volunteer #6, please add the vegetables to the skillet. Then, measure 2 teaspoons Italian seasoning and add it to the skillet. Stir, reduce the heat to medium-low and let the mixture simmer with the lid on for another 8 minutes.

Set a timer for 8 minutes.

Using the list of in-season fruits and vegetables from the activity bin, talk about the vegetables that are in-season in your area during the winter.

Other vegetables that are in-season in the winter include...

When the timer goes off, taste the pasta and vegetables to make sure they are tender.



If the pasta or vegetables are not tender: *The pasta and vegetables are not tender and need a few more minutes to cook. I'll set the timer and let the dish cook for 3 more minutes and then taste the pasta and vegetables again.*

If the pasta or vegetables are tender: *The pasta is al dente (firm but not crunchy when you bite down on it with your front teeth) and the vegetables are tender.*

Station #7:

- **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 **Winter Italian Vegetables** and add salt and pepper in the amount you like before serving. Today, we will pass around salt and pepper shakers, and after you taste the **Winter Italian Vegetables**, you can decide if you want to add either to the dish. I would encourage you to taste the vegetables first.*

*Now, we are ready to taste the **Winter Italian Vegetables!** Names of Volunteers #1 and #2, 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? Isn't it nice to have fresh vegetables in the wintertime?

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