

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

Station Set-Up: Vegetable Pinwheels

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 onion	1 chef's/utility knife
1 set of measuring spoons		
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 can opener	1 can of corn (if using canned corn)	2 tablespoons thawed frozen corn (if using frozen corn)
1 colander	1 can of green chiles	
1 large bowl		
1 set of measuring spoons		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 set of measuring spoons	salsa	cream cheese
1 butter/table knife		
1 large cooking spoon		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	3 tortillas	1 chef's/utility knife
1 rubber spatula/scrapper		
1 large plate/platter		

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Station #5		
Equipment	Ingredients	Tasting supplies
tongs	none	small paper plates
		napkins

Recipe Script for Preparing: Vegetable Pinwheels Lesson: *Celebrate!*

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 this recipe, we need to mince an onion and measure the rest of the ingredients. I've already washed the tops of the cans. I kept the cream cheese cold in my cooler with reusable freeze packs to transport and store it.

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 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 each volunteer begins their tasks, use the script to review how to mince, dice or chop their ingredients. 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 **Vegetable Pinwheels** 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 set of measuring spoons, 2 medium bowls (1 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.

_____ Name of Volunteer #1, peel the onion and then, mince the onion until you have 2 teaspoons. As a reminder, to mince means to cut into $\frac{1}{8}$ inch pieces.

First, slice the onion in half vertically, cutting through the root, to create a flat surface. Set one half of the onion aside. Then, with the flat side on the cutting mat, cut the other half of the onion into $\frac{1}{8}$ inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut $\frac{1}{8}$ inch strips in the other direction. Place the minced onion in the medium bowl and pass it to

_____ Name of Volunteer #2.

Station #2:

- **Equipment:** 1 can opener, 1 colander, 1 large bowl, 1 set of measuring spoons
- **Ingredients:** 1 can of corn (if using canned corn), 1 can of green chiles
- **Provide during *Let's Cook!*:** 2 tablespoons of thawed frozen corn (if using frozen corn)

If using canned corn: _____ *Name of Volunteer #2, open the can of corn. Place the colander over the large bowl and pour the corn into the colander to drain. Measure 2 tablespoons of drained corn from the colander and add it to the bowl with the minced onion. We won't be using the rest of this corn today; put the remaining corn from the colander into a sealable plastic bag.*

If using frozen corn: _____ *Name of Volunteer #2, measure 2 tablespoons of drained corn and add it to the bowl with the minced onion.*

Next, open the can of green chilies and drain the green chilies into the colander. Measure 2 tablespoons of the drained chilies from the colander and add it to the bowl with the corn and the minced onion. We won't be using the rest of the chilies today; put the remaining drained chilies from the colander into a sealable plastic bag.

Pass the bowl with the green chilies, corn and minced onion to _____ Name of Volunteer #3.

Station #3:

- **Equipment:** 1 set of measuring spoons, 1 butter/table knife, 1 large cooking spoon
- **Ingredients:** salsa
- **Provide during *Let's Cook!*:** cream cheese

Name of Volunteer #3, measure 2 tablespoons of salsa and 3½ tablespoons of cream cheese and add them to the bowl with the green chilies, corn and onion. Mix everything together.

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

When you make this at home, try adding chopped cilantro or spices like cumin and chili powder.

Station #4:

- **Equipment:** 1 cutting mat, 1 rubber spatula/scrapper, 1 large plate/platter
- **Ingredients:** 3 tortillas
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #4, lay the tortillas on the cutting mat. Spread a third of the cream cheese mixture evenly on top of each tortilla with the rubber spatula/scrapper, and roll the tortillas up tightly. Slice each tortilla into 1 inch slices, and arrange on the large plate or platter for serving.

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

Station #5:

- **Equipment:** tongs
- **Tasting supplies:** small paper plates, napkins

*We will leave the **Vegetable Pinwheels** and the tongs, paper plates, and napkins on the food preparation table until it is time for our celebration.*

Note: In this lesson we will serve each recipe on a large plate or platter instead of serving individual tastes. Allowing everyone to serve themselves and mingle as they eat will help create a party atmosphere!