

Let's cook! Plan, Shop, Pack List: Vegetable Pinwheels

Ingredients

- 1 small onion (2 teaspoons minced used in recipe)
- 1 (4 ounce) can green chiles (2 tablespoons used in recipe)
- 2 tablespoons of canned or frozen corn
- Cream cheese (2 ounces or 3½ tablespoons used in recipe)
- 3 (10 inch) white or whole wheat flour tortillas
- Salsa (2 tablespoons used in recipe)

Disposable Supplies

- Small paper plates
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Wash the onion.
- Wash the tops of the canned foods.
- Thaw 2 tablespoons of corn (if using frozen corn).
- Print copies of the recipe (1 for each participant).

Equipment

- 2 cutting mats
- 2 chef's/utility knives
- 3 sets of measuring spoons
- 1 can opener
- 1 colander
- 2 medium bowls
- 1 large bowl
- 1 butter/table knife
- 1 large cooking spoon
- 1 rubber spatula/scrapper
- 1 large plate or platter
- 1 set of tongs
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
