

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

Station Set-Up: Homemade Ranch Dressing Served with Raw Veggies

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	½ of the fresh vegetables	1 chef's/utility knife
1 vegetable peeler		
1 cup measuring cup		
1 large plate/platter		
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	½ of the fresh vegetables	1 chef's/utility knife
1 vegetable peeler		
1 cup measuring cup		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 set of measuring spoons	garlic powder	none
1 small bowl	dried minced onion	
1 dinner spoon	salt	
	dried parsley	

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 medium bowl		Greek yogurt
1 cup measuring cup		Buttermilk
2 cup liquid measuring cup		
1 rubber spatula/scraper		

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

Station Set-Up:

Homemade Ranch Dressing Served with Raw Veggies

Station #5		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	3 ounce cups
tongs		napkins
1 serving tray		

Recipe Script for Preparing: Homemade Ranch Dressing Served with Raw Veggies Lesson: *Small Changes Matter*

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 this recipe, we need to cut the fresh vegetables and measure all of the ingredients. I kept the Greek yogurt and buttermilk cold in my cooler with reusable freeze packs to transport and store them.

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 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 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 **Homemade Ranch Dressing** 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 and #2:

- **Equipment:** 2 cutting mats (1 at each station), 2 vegetable peelers (1 at each station), 2- 1 cup measuring cups (1 at each station), 1 large plate/platter, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** fresh vegetables (at both stations)
- **Provide during *Let's Cook!*:** 2 chef's/utility knives (1 at each station)

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.

Names of Volunteers #1 and #2, please peel (if needed), and cut the fresh vegetables until you each have 3 cups of vegetables. Food safety experts recommend peeling carrots.

Cut vegetables like carrots, celery, jicama, bell peppers, and cucumbers into sticks about $\frac{1}{4}$ inch thick and 3 inches long. For any round vegetables, first cut them in half lengthwise so you have a flat surface before you cut them.

Cut broccoli and cauliflower into florets by cutting off the thick center stem about 1 inch below the vegetable tops. Then cut the smaller stems apart so you are left with florets about 1 inch across and 2 inches long. You may need to cut large florets in half.

Arrange the vegetables on the large plate/platter.

Station #3:

Equipment: 1 set of measuring spoons, 1 small bowl, 1 dinner spoon

Ingredients: dried minced onion, salt, garlic powder, dried parsley

Name of Volunteers #3, please measure the following ingredients and add them to the bowl: 2 teaspoons of dried minced onion, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{8}$ teaspoon of garlic powder, and 1 tablespoon of dried parsley. Stir gently to combine. Pass the bowl to Name of Volunteer #4.

Station #4:

Equipment: 1 medium bowl, 1 cup measuring cup, 2 cup liquid measuring cup, 1 rubber spatula/scraper

Provide during Let's Cook!: Greek yogurt, buttermilk

Name of Volunteers #4, Spoon the Greek yogurt into a 1 cup measuring cup and add it to the medium bowl. Then pour 1 cup of buttermilk into the liquid measuring cup and add it to the medium

bowl. Add the small bowl of seasonings to the ingredients in the medium bowl. Stir well with the rubber spatula/scrapper.

Station #5:

Equipment: 1 dinner spoon, tongs, 1 serving tray

Tasting supplies: 3 ounce cups, napkins

Now, we are ready to taste the **Homemade Ranch Dressing!** _____ *Names of Volunteers #5 and #6,* using the serving tray and tasting supplies, please serve everyone a taste of the recipe.

The recipe tastes even better when refrigerated for at least an hour so the flavors can blend together. If you make the **Homemade Ranch Dressing** at home, cover the bowl of dressing and try refrigerating it before serving.

To make a thicker ranch dip, substitute another cup of plain Greek yogurt for the buttermilk.

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 dressing? What other vegetables would you eat with it?

Is this the first time you've made a homemade dressing? This dressing is a healthy alternative to store-bought ranch dressing because it uses Greek yogurt which is lower in fat.

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