

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

Station Set-Up: Hummus 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 cutting mat	garlic	1 chef's/utility knife

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 can opener	can of garbanzo beans	1 chef's/utility knife OR bottle of lemon juice (if using bottled lemon juice)
1 colander	1 lemon (if using fresh lemon)	
1 large bowl		
2 small bowls (1 if using bottled lemon juice)		
1 cutting mat (if using fresh lemon)		
1 dinner spoon (if using fresh lemon)		

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Station #5		
Equipment	Ingredients	Provide during Let's cook!
blender	salt	none
1 set of measuring spoons	vegetable oil	
1 rubber spatula/scrapper	peanut butter	
1 small bowl	cumin	

Station #6		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	small paper plates
tongs		napkins

Recipe Script for Preparing: Hummus with Raw Veggies 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 this recipe, we need to cut the fresh vegetables, open the can of beans, and measure and blend the rest of the ingredients. I have already washed the top of the can, vegetables, and lemon (if using fresh lemon). It is important to wash lemons, even though we don't eat the rind.

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 Hummus with Raw Veggies 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 by about ¼ 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.

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!

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, leaving a hole in the center for the bowl of hummus.

Station #3:

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

Demonstrate how to prepare the garlic by smashing it with the blade of a chef's knife.

When using garlic, first smash the garlic clove with the flat side blade of the knife, which loosens the peel. Then, peel the skin off. Last, cut off the tip; you don't want to eat that part. I am going to give this garlic clove to Name of Volunteer #4 to add to the blender.

Station #4:

- **Equipment:** 1 can opener, 1 colander, 1 large bowl, 1 set of measuring spoons, 2 small bowls (1 if using bottled lemon juice), 1 cutting mat (if using fresh lemon), 1 dinner spoon (if using fresh lemon)
- **Ingredients:** can of garbanzo beans, 1 lemon (if using fresh lemon)
- **Provide during *Let's Cook!*:** 1 chef's/utility knife **OR** bottle of lemon juice (if using bottled lemon juice)

Name of Volunteer #3, open the can of garbanzo beans. Place the colander over the large bowl and pour the beans into the colander to drain the liquid. Place the drained garbanzo beans in one of the small bowls.

If using fresh lemon: Name of Volunteer #3, next you will juice the lemon. To release the juices from a lemon, roll it back and forth on the cutting mat while putting some pressure on it with your hand. Lay the lemon on its side with the stem facing the hand holding the knife. Cut the lemon in half and set one half aside. Squeeze the juice from the other half of lemon into the small bowl. Using the dinner spoon, scoop out any seeds from the juice and discard. Measure 1 teaspoon and add it to the bowl with the drained garbanzo beans.

If using bottled lemon juice: Name of Volunteer #3, next, measure 1 teaspoon of lemon juice and add it to the bowl with the drained garbanzo beans.

Give the small bowl with the garbanzo beans and lemon juice and the large bowl of liquid from the garbanzo beans to Name of Volunteer #4. We will use the liquid from the garbanzo beans in the hummus.

Station #5:

- **Equipment:** blender, 1 set of measuring spoons, 1 rubber spatula/scrapper, 1 small bowl
- **Ingredients:** salt, vegetable oil, peanut butter, cumin

Name of Volunteer #4, add the garlic, the beans and lemon juice to the blender. Then, measure and add the following ingredients to the blender: $\frac{1}{4}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of cumin, 1 tablespoon of vegetable oil, and 2 tablespoons of creamy peanut butter.

Turn the blender on low, and add the garbanzo bean liquid 1 tablespoon at a time until the hummus is smooth and creamy. When the hummus is smooth, use the rubber spatula/scrapper to scrape it into the small bowl. Place the bowl of hummus in the center of the cut vegetables on the large plate/platter.

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

When you make this at home, you can serve it with crackers or chips or on your favorite sandwich! Be sure to refrigerate the leftovers within 2 hours and use within 3 to 5 days.

Station #6:

- **Equipment:** 1 dinner spoon, tongs
- **Tasting supplies:** small paper plates, napkins



EATING SMART
BEING ACTIVE

*We will leave the platter of **Hummus with Raw Veggies**, the tongs, paper plates and napkins on the food preparation table until it is time for our celebration.*