

Let's cook! Plan, Shop, Pack List: Homemade Ranch Dressing Served with Raw Veggies

Ingredients

- 1 cup plain Greek yogurt
- 1 cup buttermilk
- Salt
- Garlic powder
- Dried, minced onion
- Dried parsley flakes
- Fresh vegetables such as broccoli, cauliflower, carrots, celery, jicama, bell pepper, or cucumber (6 cups sliced used in recipe)

Disposable Supplies

- 3 ounce cups
- Napkins
- Sealable plastic bags in a variety of sizes
- Plastic wrap

Prepare before class

- Wash the vegetables.
- Print copies of the recipe (1 for each participant).

Equipment

- 2 cutting mats
- 2 chef's/utility knives
- 2 vegetable peelers
- 2 medium bowls
- 3 sets of measuring cups
- 1 small bowl
- 1 set of measuring spoons
- 2 cup liquid measuring cup
- 1 large plate or platter
- 2 dinner spoons
- 1 set of tongs
- 1 rubber spatula/scrapper
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

Note: When choosing fresh vegetables to serve with this recipe, look for in-season vegetables, as they are lower in cost and often more flavorful. Be sure to choose vegetables in a variety of colors so the dish is visually appealing and provides a variety of nutrients. To cut down on cost and waste, only purchase 3 different types of vegetables. This recipe calls for 6 cups of raw vegetables so you might buy 1 large bell pepper, 1 large cucumber and 4 to 6 carrots.

Let's cook! Plan, Shop, Pack List: Homemade Ranch Dressing Served with Raw Veggies

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: _____
