

Let's cook! Plan, Shop, Pack List: Collard Greens

Ingredients

- 1 pound collard greens
- 1 medium onion (½ used in recipe)
- 2 tomatoes
- Butter
- Vegetable oil
- 3 cups broth (chicken or vegetable)
- Red pepper flakes
- Garlic powder

Disposable Supplies

- Small hot beverage cups
- Plastic forks
- Napkins
- Salt and pepper shakers
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Wash the onion, collard greens, and tomatoes.
- Wash tops of cans of broth (if using canned broth).

Note: To wash collard greens, first remove any damaged outer leaves. Fill a large bowl with cold water, and dunk the greens. Swish them around a few times to help loosen any dirt on the leaves. Pour out the dirty water and fill the bowl with clean water. Swish the leaves under the clean water again to remove any additional dirt. Continue this process until the water in the bowl remains clear.

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

Equipment

- 4 cutting mats
- 4 chef's/utility knives
- 2 dinner spoons
- 1 set of measuring spoons
- 1 liquid measuring cup
- 2 large cooking spoons
- 2 small bowls
- 1 medium bowl
- 1 large bowl
- 1 can opener (if using canned broth)
- Kitchen timer
- Electric skillet
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels
- Extension cord with long reach
- Surge protector
- Duct tape (for taping down cords)

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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: _____
