

# Let's cook! Plan, Shop, Pack List: Vinaigrette Dressing Variations Served with Salad Greens

## Ingredients

- Oil
- Apple cider vinegar
- Salt
- Black pepper
- Garlic powder
- Italian seasoning
- Crushed red pepper flakes
- Honey
- Dijon or spicy brown mustard
- Fresh lettuce such as romaine, red leaf, or green leaf (purchase enough lettuce for each participant to have ¼ cup of chopped lettuce)

**Note:** When choosing lettuce to serve with the recipe, select romaine, green or red leaf lettuce as they are more flavorful and higher in vitamins and minerals than iceberg lettuce. They will also hold up longer when washed and stored in a plastic container with a lid with paper towels between layers of washed lettuce.

## Disposable Supplies

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

## Prepare before class

- Wash lettuce.
- Dry thoroughly with a clean paper towel.
- Print copies of the recipe (1 for each participant).

## Equipment

- 2 cutting mats
- 2 medium bowls
- 2 sets of measuring cups
- 1 small container with a tight-fitting lid
- 3 sets of measuring spoons
- 1 dinner knife
- 1 set of tongs
- Serving tray
- 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:** \_\_\_\_\_

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