

## Recipe Script for Preparing: Vinaigrette Dressing Variations Served with Salad Greens 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 tear the lettuce greens and measure the rest of the ingredients. I have already washed the lettuce. First, I removed any outer leaves that were torn or bruised. I took a few leaves off and washed them individually in cold water. Then I dried them with a paper towel to remove any excess moisture. Next, I packed the clean lettuce into a container with a paper towel between each layer of leaves and covered it with a lid. I stored the container in the refrigerator until it was time for class. Then I kept the lettuce cold in my cooler with reusable freeze packs.*

**Ask for volunteers to help with the preparation of the recipe.**

*I need 8 volunteers to help with the preparation of the recipe. Who would like to help?*

**Note:** Recommended – 8 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 the directions for each station. Follow up with the participants once they have completed their task to be sure the lettuce was torn to the indicated size and ingredients were measured correctly. If the lettuce pieces are too large, ask the participant to tear any large pieces in half.**

*Today we will be preparing Vinaigrette Dressing Variations as a group. The two variations to choose from are **Italian Vinaigrette** and **Honey Mustard Vinaigrette**. Which one would you like to make today?*

*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.*

*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.*

**Station #1:**

**Equipment:** 1 small container with a lid, 1 set of measuring spoons, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)

**Ingredients:** oil, apple cider vinegar, salt, black pepper

*First, we will make the **Basic Vinaigrette**. Everyone, please watch as this is the basis for the other variations. Names of Volunteers #1 and #2, please measure the following ingredients and add them to the small container: 6 tablespoons of oil, 4 tablespoons of apple cider vinegar, ¼ teaspoon of salt, and ¼ teaspoon of black pepper. Put the lid on the container and shake it well. Pass the container to Name of Volunteer #5.*

**Station #2 & #3:**

**Equipment:** 2 cutting mats (1 at each station), 2- 1 cup measuring cups (1 at each station), 2- ½ cup measuring cups (1 at each station), 1 medium bowl

**Ingredients:** lettuce (romaine, red leaf, or green leaf)

*Names of Volunteers #3 and #4, please tear the lettuce into bite-sized pieces until you each have 1 and 1/2 cups. Place the torn lettuce in the medium bowl. Pass the bowl to Name of Volunteer #6.*

**Station #4:**

**Equipment:** 1 set of measuring spoons, 1 dinner knife

**Ingredients:** garlic powder, Italian seasoning, crushed red pepper flakes, Dijon or spicy brown mustard, honey

*Name of Volunteer #5, you will be making the dressing variation that the group chose.*

**Read the directions for the one vinaigrette variation the group chose.**

**Italian Vinaigrette:** Add 1 teaspoon of garlic powder, 1 teaspoon of Italian seasoning, and 1 pinch of crushed red pepper flakes (optional) to the container with the Basic Vinaigrette. Put the lid on the container and shake it well.

**Honey Mustard Vinaigrette:** Add 1 teaspoon of Dijon or spicy brown mustard and 2 teaspoons of honey to the container with the Basic Vinaigrette. You may need to use the knife to scrape the mustard and honey out of the measuring spoon. Put the lid on the container and shake it well.

Pass the container to Name of Volunteer #6.

**Station #5:**

**Equipment:** tongs, 1 set of measuring spoons

Name of Volunteer #6, please add 3 tablespoons of dressing to the lettuce and toss the lettuce using the tongs.

**Station #6:**

**Equipment:** serving tray

**Tasting supplies:** small paper plates, napkins, plastic forks

Now, we are ready to taste the **Vinaigrette Dressing Variation!** Names of Volunteers #7 and #8, using the serving tray and tasting supplies, please serve everyone a taste of the lettuce with the dressing on it.

**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 would you put this dressing on? Do you think you will make any of these versions of the vinaigrette dressing at home?

Is this the first time you've made a homemade dressing? These vinaigrettes and other homemade salad dressings can be made quickly and easily from basic ingredients in your pantry and are often healthier, tastier, and less expensive than store-bought dressings. Try using an oil high in monounsaturated fat that we talked about earlier in our lesson such as

*olive, vegetable, or canola oil. All of these oils are great for salad dressings and are heart-healthy.*

*When you make this at home, allow the dressings to stand for 10 minutes before you serve it, so the flavors blend together. Be sure to refrigerate any leftovers within 2 hours and use them within 2 weeks. The dressing may separate when it's stored. Just shake or stir to re-mix it before using.*

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

## Station Set-Up: Vinaigrette Dressing Variations Served with Salad Greens

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 small container with a lid	oil	none
1 set of measuring spoons	apple cider vinegar	
1 medium bowl (placed in center of table)	salt	
sealable plastic bags in a variety of sizes (placed in center of table)	black pepper	

Station #2		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	½ of the lettuce	none
1 medium bowl		
1 cup measuring cup		
½ cup measuring cup		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	½ of the lettuce	none
1 cup measuring cup		
½ cup measuring cup		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 set of measuring spoons	garlic powder	none
1 dinner knife	Italian seasoning	
	crushed red pepper flakes	
	Dijon or spicy brown mustard	
	honey	

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

## Station Set-Up: Vinaigrette Dressing Variations Served with Salad Greens

Station #5		
Equipment	Ingredients	Provide during Let's cook!
1 set of measuring spoons	none	none
tongs		

Station #6		
Equipment	Ingredients	Tasting supplies
serving tray	none	small paper plates
		napkins
		plastic forks