

Let's Taste! Plan, Shop, Pack List: Veggies and Creamy Dip

Ingredients

- Fresh vegetables such as broccoli, cauliflower, carrots, celery, jicama, bell pepper, or cucumber
- Cottage cheese
- Salt
- Black pepper
- Garlic powder
- Dried, minced onion
- Dried parsley flakes
- Dried dill weed

Note: When choosing produce for this recipe, look for fresh, 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 for this recipe.

Disposable Supplies

- Small paper plates
- Napkins

Prepare before class

- Make Veggies and Creamy Dip in the quantity needed for your class. Use the ingredient amounts listed in the lesson plan. (Wait to wash and cut up the vegetables until the day you need them.)
- Store the prepared vegetables in separate plastic bags or containers with lids.
- Store the prepared creamy dip in a container with a lid.
- Keep the prepared veggies and creamy dip in the refrigerator until you pack for class.
- Use a collapsible cooler with reusable freeze packs to transport the veggies and creamy dip to class.
- Print copies of the Recipe (1 for each participant).

Equipment

- 1 dinner spoon
- 1 set of tongs

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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: _____
