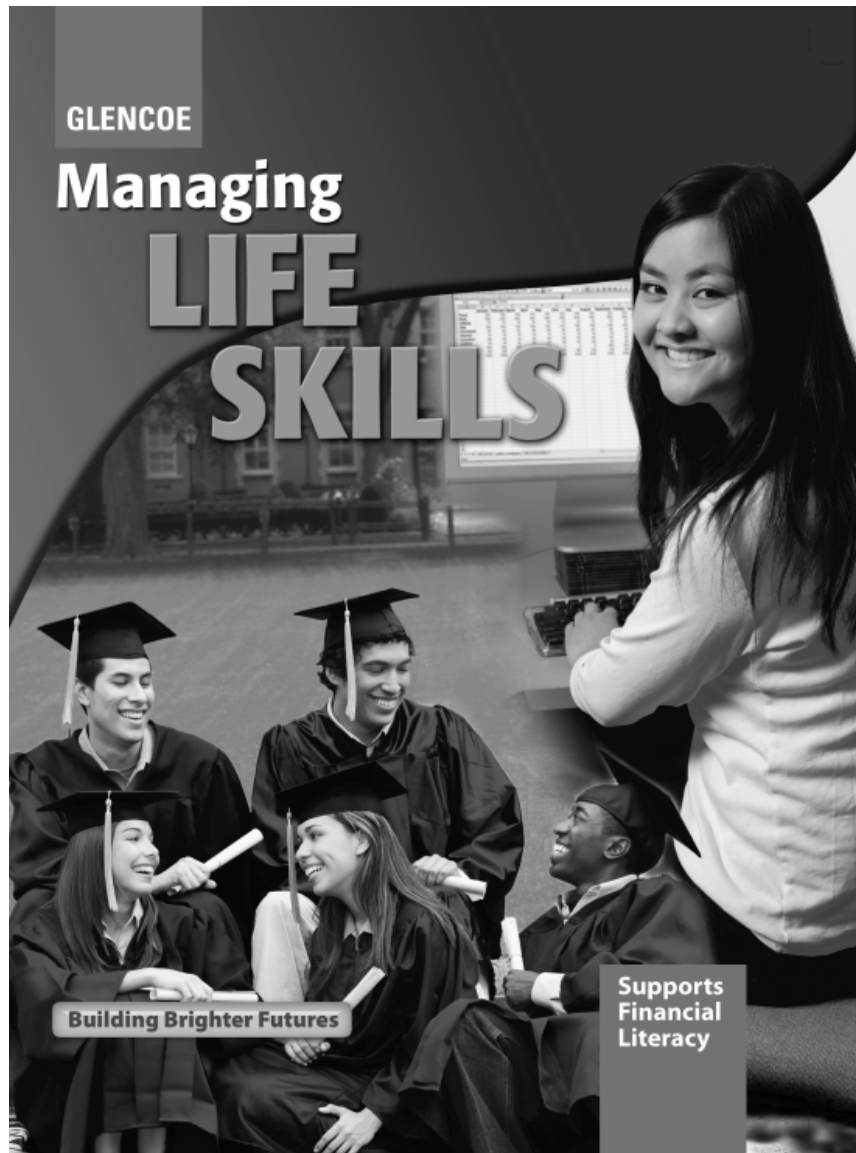


# Managing **LIFE SKILLS**

FOOD LABS & RECIPES



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# Effective Foods Labs & Recipes

The foods lab is an ideal environment for cooperative learning. Lab experiences introduce new information, develop useful skills, and provide you with a sense of accomplishment. For best results, lab periods must be well planned and organized.

You may have the responsibility for shopping for food and preparing it at home. In order to make wise food choices, develop practical food shopping skills and have an awareness of current nutrition recommendations. It is important to remember food safety practices and efficient food preparation techniques. The foods lab experience brings this all together.

## Lab Rationale

The lab encourages teamwork by allowing you to work with other students in groups. Students plan, prepare, and evaluate a variety of projects. Labs help them apply newly learned skills to everyday situations. Preparing for the foods lab is a time-consuming task. Therefore, it is essential that all elements of the lab be well planned to prevent confusion.

## Effective Labs

Following a plan helps you stay on task to complete the assignment on time.

The process of planning is as important as the end product. Use your class time wisely. This will help you stay challenged. It may take some group members longer to perform a task than others. Work together to make sure your project is completed on time.

## Selecting Menus

For meal management projects, it is preferable to prepare and serve complete meals in labs rather than one food product. This allows you to learn how to coordinate the timing involved in preparing an entire meal.

Labs help you apply nutrition concepts to meal planning. For example, you can learn how to incorporate a variety of food groups in your meal planning to help them meet your nutritional needs. When you have a chance to sample healthful recipes and discover how good they can taste, you are more likely to include these foods in your own menu plans. Making good food choices now will help you to make healthy choices in the future.

With the meal management approach, it may take more than one lab to complete the learning activities—planning, prepreparation, preparation, cleanup, and evaluation. Your teacher may have to rotate labs or stagger the preparation schedule depending upon the number of students, kitchen facilities, and equipment.

## Organizing the Lab

Since labs are tightly scheduled, every minute counts. Make sure that you are familiar with the equipment in the lab as well as the lab routine. The recipes contained in the skill sheets and meal management projects throughout this book are examples of healthful foods that can be made in a lab.

*(Continued on next page)*

*Teaching with Foods Labs & Recipes (continued)***Student Plans**

Lab planning sheets and time and work schedule sheets can help you as you plan. See the examples on pages 13 through 15.

Before you begin a lab, your teacher may have decided to take some of the preparation responsibilities. Individual kitchen unit/work groups can develop a plan and pool your ideas on a master schedule. Consider the following plan as you go over the menu and the procedures for each lab.

- Select the recipe or recipes for your menu.
- Create a realistic time schedule.
- Prepare a grocery list.
- Identify the equipment required for the project.
- Carefully read through the recipe.
- List the ingredients, their amounts, and the equipment needed.
- Review the recipe and food preparation terminology. Ask questions if the recipes need clarification.
- Identify tasks that need to be done before combining ingredients, such as preheating the oven, greasing pans, or heating water.
- Begin the time schedule with the foods that take the longest to prepare or cook.
- Dovetail any tasks that can be done simultaneously.

**Teacher Plans**

You'll find that well-organized planning sheets are helpful as you develop your plan and create a shopping list. Use the student planning sheets included in this booklet or develop your own. Organize the foods according to categories to save time with your shopping.

Allow a few minutes at the end of each foods lab to help clean up your work station. Your teacher may randomly check three or four items to see if they are clean and stored in their proper place. Leave your work station only after the kitchen meets inspection standards.

**Lab Management**

To ensure successful labs, follow the established behavior guidelines and expectations for your classroom. Keeping a lab organized and running smoothly is easier if the responsibility is shared. Students who have rewarding lab experiences feel a sense of teamwork and accomplishment.

Groups not preparing foods on any particular day may work on assignments related to the lab.

**Evaluation**

Evaluating your lab experiences is as important as the actual lab. Evaluation is a step toward growth and self-improvement. What did you and your group do well? How can that be improved? Try to end on a positive note.

Emphasize concepts such as nutrition, cost of the menu, meal service, or other appropriate questions. See pages 16 and 17 for *Foods Lab/Teamwork Evaluation* and *Meal Management Appraisal* forms.

The following open-ended questions can help you if you need ideas about what to write. .

**Menu:** What factors contributed to a pleasing menu? Can you suggest any changes or improvements?

**Work schedule:** In what ways was the work schedule helpful? What timesaving principles did members of the group use? How might the work schedule be improved?

**Market order:** In what ways was the market order well planned? How could it have been more accurate?

(Continued on next page)

*Teaching with Foods Labs & Recipes (continued)*

**Principles of cooking:** What principles of cooking did you practice because of your particular menu? What new principles did you learn during this lab?

**Table setting:** Was your table setting attractive and appropriate for the foods served? What improvements would you suggest?

**Cleanup:** In what ways was the cleanup managed efficiently? How do you think it might work better?

**Personal working relationships:** In what ways did members of the group work well together? How could the workload have been distributed more evenly? What would improve personal relationships among group members?

## Independence

You must have some knowledge of the subject in order to work with a reasonable degree of independence and cooperation. Listen as your teacher gives an overview of the nutrition, food preparation principles, and management techniques you will need in order to be successful.

If you have a question during the lab, you should ask it. Your teacher may have you write your name on the board when you need help, and then assist you in the order in which your name appears. Be patient and respectful of your neighbors while you wait your turn.

## Observational Skills

Labs provide the ideal backdrop to help you sharpen your observational skills and draw valid conclusions. During experimental labs, they can use the scientific method to explain each phenomenon observed. To make comparisons meaningful, compare the effects that different procedures have on samples of the same test object.

For example, in order to determine the effect that different cooking methods have on the color, texture, and flavor of vegetables, set aside an uncooked sample as a control. Here are some other ideas for experimental labs:

- Purchase several varieties of ground meat, noting price differences. Form meat patties from each variety, weighing them to ensure that they all have identical weights. Cook samples to the same degree of doneness by sautéing and broiling. Weigh each portion after cooking. Compare and contrast their flavor, texture, appearance, size, and weight. Formulate conclusions.
- Determine the influence of herbs and spices. Prepare the same recipe both with and without a particular herb or spice and with varying amounts of each. You might also choose to compare the use of fresh herbs with the use of dried herbs in the recipe. For example, prepare a sauce with and without curry powder or prepare two recipes of tomato sauce, one with dried basil and the other with fresh basil. Taste each product and describe the flavor differences. Form some general conclusions about the role of seasonings in food preparation.
- Compare how well different types of wrap (freezer wrap, cling wrap, plastic storage bags designed for freezer and general storage, waxed paper) and different containers retain the flavor, texture, and freshness of foods. Use an uncovered portion of food as the control. After a certain time, compare the frozen or refrigerated foods. Write storage guidelines based on their observations. Have them research established storage guidelines to use as a comparison.

*(Continued on next page)*

## Management Tips

Keeping the lab clean and orderly is everyone's responsibility. Neatness and cleanliness are important at every stage of food preparation. Careful work habits can minimize the amount of cleanup required. A good rule of thumb is "Clean as you go." Duties can be rotated by using cleanup charts.

## Limited Budgets

Planning foods labs on limited budgets can be challenging. A little creativity may offer additional options.

You might know ways to make your lab more economical. Offer your suggestions to your teacher. With the approval and support of the school administration, you might sponsor a pancake breakfast or a baked goods or snack foods sale. Following are more money-saving ideas:

- Save and use manufacturers' coupons when buying supplies, household products, and food for the department.
- When appropriate, decrease the expense of costly food demonstrations by obtaining audiovisuals that teach specific food preparation techniques.
- Arrange for food demonstrations by inviting guest speakers from local organizations and businesses such as restaurants, and supermarkets. Consider personal contacts you have with individuals working in the culinary industry.
- Solicit food donations or other materials from local and national companies.
- Think of less expensive substitutions for certain ingredients, such as crunchy cereal in place of nuts. Use generic brands instead of nationally advertised brands.
- Familiarize yourself with school policies to determine from which stores you may

purchase supplies. Shop for specials in various stores as time permits. Stock up on paper goods and staples at warehouse stores.

- Identify stores that offer school discounts. Work with your school cafeteria to see if you can get better prices through their vendors.
- As a class project, grow herbs for use in food preparation in the foods lab.
- Emphasize low-cost-meal plans.

## Demonstrations

Teacher demonstrations are an effective way to show procedures, explain new techniques, and establish standards. Demonstrations can also substitute for labs if time and funds are limited.

Every demonstration should have a clear objective that is clear to the person presenting it, as well as to the students viewing it. The audience should be able to apply what they learned during the demonstration in the lab or at home.

Involve your audience in demonstrations by asking questions or having them relate relevant personal experiences. Allow them to take part in the demonstrations by assisting or actually performing the demonstrations.

Follow these guidelines for creating successful demonstrations.

- Outline the material to be covered and determine the manner in which it is to be presented. Include an introduction, the major concepts to be covered, and a summary of the main points.
- Develop a sequential plan. A time schedule is helpful. Allow sufficient time for questions and discussion. List all of the items you need for the demonstration and check to see that they are available. Audience involvement in the preparation or presentation of the demonstration must be planned.

*(Continued on next page)*



- Determine which steps can be completed ahead of time or eliminated from the actual demonstration. For example, preparation and measurement of ingredients ahead of time will help.
- When there is insufficient time to prepare and completely cook a product, a finished or partially finished product may be made in advance. By using this approach, all of the food prep steps can be viewed and the finished product sampled within a limited period of time.
- Select the best equipment for the demonstration and practice using it. Be sure that the equipment is in good working order and is positioned for easy use and good viewing.
- Plan to display the finished product. If food is to be sampled, have utensils ready and make provisions for a clean counter or table for serving.
- Prepare a simple introduction to grab everyone's attention.
- Practice techniques ahead of time so that the demonstration flows smoothly.
- Keep the work space neat and well organized; trays are ideal for lining up ingredients.
- It is not necessary to talk continuously during the demonstration. Avoid extremely long pauses that may cause you to lose the attention of your audience. Stop talking when turning away from the group or when handling noisy appliances.
- Summarize the highlights of the demonstration once the product or recipe has been completed.

A high-quality food demonstration provides an excellent learning experience in the classroom.

*(Continued on next page)*

**Handout 1**

# Lab Safety Procedures

## To prevent falls and accidents . . .

1. Wipe up all spills immediately.
2. Use a sturdy step stool or ladder to reach ingredients or equipment stored in high places.
3. Keep cabinet doors and drawers closed when they are not being used.

## To prevent cuts . . .

1. Use knives and other sharp kitchen tools only for their intended purposes.
2. Keep knives sharp. Dull knives cause more accidents than sharp ones.
3. Always use a cutting board.
4. Cut away from your body and hands and away from anyone near you.
5. If a knife, scissors, or other sharp utensil falls, never try to catch it. Always pick up a knife by its handle.
6. Place dirty knives on the counter, never in a sink full of water.
7. Wash, dry, and store knives and sharp blades separately.
8. Keep fingers and hands away from beaters and blades in appliances.
9. When opening cans, cut the lids completely off and discard them in the trash.
10. Sweep up broken glass immediately. Use a damp paper towel to carefully wipe up any small fragments.

## To prevent fires and burns . . .

1. Use salt or baking soda, *not water or flour*, to put out a small grease fire. If the fire is larger, use an appropriate fire extinguisher and/or fire blanket.

2. Keep flammable materials, such as towels, paper towels, and potholders, away from the range and heating appliances.
3. If you smell natural gas, turn off all range and oven controls and immediately tell your teacher.
4. Turn pan handles away from the edge of the range or counter.
5. Use dry potholders or oven mitts to remove hot pans from the range top and oven.
6. When removing a pan cover, tilt the cover so that the steam is directed away from you. Do not hold your face directly over the pan.
7. Use a spoon or tongs, *not your fingers*, to remove or add food to a hot liquid.
8. When removing a pan from the oven, first pull the rack out. Don't reach into a hot oven.
9. Turn off all appliances when not in use. Double-check to make certain that all range and oven controls are turned off before leaving the kitchen.
10. Store aerosol sprays and other flammable substances away from heat sources.

## To prevent electric shock . . .

1. Before using an appliance, read the appliance manual to learn proper use and care.
2. Keep electrical cords away from water and hot objects.
3. Plug separate cords of portable appliances into the appliance first, then into the outlet.
4. Don't overload an electrical outlet by plugging too many appliances into it.
5. Use only those appliances with cords that are in good condition.
6. Be sure your hands are dry and that you are

(Continued on next page)

**Lab Safety Procedures** (continued)

standing on a dry surface when using electrical appliances.

7. Unplug small appliances after use and before cleaning them. Do not put them into water unless the appliance is labeled “immersible.”

**To prevent microwave and convection accidents . . .**

1. Never use if the door appears damaged.
2. Never turn on a microwave unless there is food inside. This may damage the oven.

3. Do not heat sealed jars, cans, or bottles in a microwave or convection oven.
4. Do not use excessive amounts of time when heating water or liquids in a microwave oven. Superheating may result in a violent eruption, with the boiling liquid exploding out of the cup.
5. Use potholders or oven mitts to remove food containers.
6. Always lift the lid or plastic wrap away from you to avoid steam burns.
7. To avoid hot spots, stir microwaved foods before serving them.

**Food Safety Procedures**

1. Place books, purses, and other personal items in an area of the classroom not used for food preparation.
2. Wear appropriate clean clothing in the lab. Don't wear long, baggy clothes, loose sleeves, or dangling jewelry.
3. Keep your hair out of the way, pulled back or in a hat.
4. If you have an open cut or burn on your hands, cover it with a waterproof bandage or wear a plastic glove. Wash gloved hands as often as you would bare hands.
5. Wash your hands with warm water and soap for at least 30 seconds before beginning the lab. Dry your hands with a paper towel or single-use towel.
6. While working with food, avoid touching your hair, skin, face, etc.
7. Repeat hand washing often, especially after coughing, sneezing, blowing your nose, or using the restroom.
8. When possible, use a kitchen tool, not your hands, to complete tasks.
9. Use clean dish towels, dishcloth, pot holder, and oven mitts.
10. Wipe all countertops and tables at the beginning and end of each lab with hot, soapy water and a sanitizing solution.
11. Wash dishes in hot, soapy water. Air-dry or use a clean towel.
12. Do not use a cooking spoon to taste the food. Use a clean spoon for each person tasting and for each time food is tasted.
13. To avoid cross-contamination, always prepare produce in a separate area from raw meats, poultry, eggs, or fish. After handling raw foods, wash everything that came into contact with these foods in hot, soapy water.
14. Keeping food at recommended temperatures is one of the most important factors in food safety. Avoid the temperature danger zone, 40°F to 140°F, because bacteria multiply rapidly at these temperatures.
15. Always cook foods to the recommended internal temperature and keep hot foods hot.
16. Foods to be served cold must be kept cold until serving time.

(Continued on next page)

**Handout 1** *(continued)*

# *Emergency Information*

The fire extinguisher in our laboratory is located \_\_\_\_\_

The fire blanket in our laboratory is located \_\_\_\_\_

In case of emergency, call: **911**

OR, if **911** is not available in your area, call \_\_\_\_\_

Fire Department \_\_\_\_\_

Police \_\_\_\_\_

Ambulance \_\_\_\_\_

Poison Control Center \_\_\_\_\_



We have read and understand the *Lab and Food Safety Procedures* for working in the foods lab.  
The student agrees to follow these procedures.

Student printed name

Student signature

Date

Parent/guardian printed name

Parent/guardian signature

Date

# Foods Lab Team Planning

Good planning and organization are essential for a productive group lab experience. The following guidelines will help your team complete all lab tasks within the allotted time.

1. Identify one person to be the recorder and take notes during the planning session.
2. Carefully read the recipe. As a team, discuss the steps involved in preparing the recipe. Remember to include steps such as washing hands, gathering equipment, measuring ingredients, and setting the table. Have the recorder list the steps on a sheet of paper.
3. As a team, develop strategies for completing all of the steps in the allotted time. The recorder should note the following: How many minutes will each step take? Which steps would go faster if two people shared the task? Can any steps be combined or done simultaneously?
4. Your teacher will give you a copy of the *Team Planning Form* and the *Foods Lab Time/Work Schedule* to complete. Your plan will work best if:
  - Everyone has a job to do at all times.
  - Each job can be done without getting in the way of the completion of other tasks.
  - The plan lets your group finish within the allotted time.
5. On lab day, make sure that everyone in your group knows what to do. Post a copy of the *Team Planning Form* and the *Foods Lab Time/Work Schedule* in a visible location. Remember to record the time your group begins and completes the lab.
6. After the lab, complete the following form to evaluate the lab.

Lab Group \_\_\_\_\_

Recipe(s) Name \_\_\_\_\_ Lab Date \_\_\_\_\_

Time Started \_\_\_\_\_ Time Completed \_\_\_\_\_ Total Minutes \_\_\_\_\_

Rate your lab experience on the following (circle one)

|   |     |    |                   |
|---|-----|----|-------------------|
| <b>Cleanliness</b><br>(Did everyone follow sanitation procedures?<br>When finished, was the lab clean?) | Yes | No | Needs Improvement |
| <b>Safety</b><br>(Did everyone follow the safety guidelines?)   | Yes | No | Needs Improvement |
| <b>Cooperation</b><br>(Did your group work well together as a team?)                                    | Yes | No | Needs Improvement |
| <b>Efficiency</b><br>(Did your group finish the lab on time?)   | Yes | No | Needs Improvement |
| <b>Accuracy</b><br>(Did your group follow the recipe directions correctly?)                             | Yes | No | Needs Improvement |
| <b>Finished Product</b><br>(Did the recipe turn out well?)  | Yes | No | Needs Improvement |

(Continued on next page)

**Handout 2**

***Foods Lab Team Planning*** (continued)

**Team Planning Form**

Lab Group \_\_\_\_\_

Recipe Name \_\_\_\_\_

Class Hour \_\_\_\_\_

Lab Date \_\_\_\_\_

**Directions:** Write the names of the team members across the top of this chart. Under each name, list the first job each person will do; use an arrow to indicate the number of minutes required for that task according to the minute column. Repeat this process with the remaining tasks. Review the chart to see what everyone will be doing at any given time. Adjust the plan as needed.

| Minutes | _____<br>(Name) | _____<br>(Name) | _____<br>(Name) | _____<br>(Name) |
|---------|-----------------|-----------------|-----------------|-----------------|
| 5       |                 |                 |                 |                 |
| 10      |                 |                 |                 |                 |
| 15      |                 |                 |                 |                 |
| 20      |                 |                 |                 |                 |
| 25      |                 |                 |                 |                 |
| 30      |                 |                 |                 |                 |
| 35      |                 |                 |                 |                 |
| 40      |                 |                 |                 |                 |
| 45      |                 |                 |                 |                 |
| 50      |                 |                 |                 |                 |
| 55      |                 |                 |                 |                 |
| 60      |                 |                 |                 |                 |
| 65      |                 |                 |                 |                 |
| 70      |                 |                 |                 |                 |
| 75      |                 |                 |                 |                 |
| 80      |                 |                 |                 |                 |
| 85      |                 |                 |                 |                 |
| 90      |                 |                 |                 |                 |



Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

**Handout 4**

# *Foods Lab/Teamwork Evaluation*

Lab Group \_\_\_\_\_ Class Hour \_\_\_\_\_

Recipe Name \_\_\_\_\_ Lab Date \_\_\_\_\_

**Directions:** Read each statement below to evaluate your group’s lab experience. Place a check (✓) in the column that best expresses your thoughts about the statement.

| Statements   | Never | Seldom | Usually | Always |
|--|-------|--------|---------|--------|
| 1. Everyone contributed equally in planning the lab.                           |       |        |         |        |
| 2. Gathered ingredients at the beginning of the lab.                           |       |        |         |        |
| 3. Wore appropriate clothing in the lab.                                       |       |        |         |        |
| 4. Followed established rules for lab behavior.                                |       |        |         |        |
| 5. Read and understood recipe(s) before beginning preparation.                 |       |        |         |        |
| 6. Followed standard measuring procedures.                                     |       |        |         |        |
| 7. Listened carefully to directions before beginning work.                     |       |        |         |        |
| 8. Tried to solve problems before asking questions.                            |       |        |         |        |
| 9. Followed the “Clean as you go” rule.  |       |        |         |        |
| 10. Used and handled appliances with care.                                     |       |        |         |        |
| 11. Worked well together as a team.  |       |        |         |        |
| 12. Served attractive and delicious food.                                      |       |        |         |        |
| 13. Set an attractive table.   |       |        |         |        |
| 14. Used good table manners.   |       |        |         |        |
| 15. Followed correct dishwashing procedures.                                   |       |        |         |        |
| 16. Returned utensils and unused ingredients to their designated storage area. |       |        |         |        |
| 17. Followed good safety procedures in the lab.                                |       |        |         |        |
| 18. Left the lab in good working condition.                                    |       |        |         |        |
| 19. Followed original lab time and work schedule.                              |       |        |         |        |
| 20. Completed foods lab work and evaluation on time.                           |       |        |         |        |

Suggestions for improvement: \_\_\_\_\_

Additional comments: \_\_\_\_\_



# *Meal Management Appraisal*

Lab Group \_\_\_\_\_ Class Hour \_\_\_\_\_

Recipe Name \_\_\_\_\_ Lab Date \_\_\_\_\_

**Directions:** List the food(s) to be evaluated in the chart below. Using the following scale, decide how well the food(s) meets the standards listed on the chart. Place the rating of each standard in the corresponding column beneath each food.

Rating scale: 1 = poor; 2 = fair; 3 = average; 4 = above average; 5 = excellent

| Standards  | Food 1<br>_____ | Food 2<br>_____ | Food 3<br>_____ | Food 4<br>_____ | Food 5<br>_____ |
|--|-----------------|-----------------|-----------------|-----------------|-----------------|
| <p><b>Nutrition:</b> The food(s) has positive nutritional attributes.</p> <p><b>Flavor:</b> The food(s) has a pleasing taste.</p> <p><b>Texture:</b> The food(s) has a good consistency.</p> <p><b>Color:</b> The food(s) is attractive in color.</p> <p><b>Temperature:</b> The food(s) was cooked to and served at the proper temperature.</p> <p><b>Size and Shape:</b> The food(s) was an attractive and appropriate size and shape.</p> |                 |                 |                 |                 |                 |

List good points about the food(s). \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Provide any suggestions for improvement. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Handout 6**

## *Ingredient Substitutions*

Have you ever forgotten to buy an ingredient needed for a recipe you wanted to make? Often it's inconvenient to go to the store to make a last-minute purchase. Substituting for the missing ingredient from supplies you already have on hand is one solution to this problem.

There are a number of factors to consider when substituting ingredients. Food preparation is a science and each ingredient in a recipe has a specific function. Substituting one ingredient for another may alter the taste, color, moisture content, or texture of the finished product. An entire recipe may be ruined for lack of a single ingredient; for example, the baking soda in a biscuit recipe.

When incorporating a substitution in a recipe, the final product may differ slightly from the original recipe, yet still be acceptable. Following is a list of basic ingredient substitutions. Cookbooks and the Internet can provide additional ideas for ingredient substitutions.

| Ingredient                   | Amount                 | Substitution  |
|------------------------------|------------------------|---|
| Allspice                     | 1 teaspoon             | $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{2}$ teaspoon ground cloves  |
| Apple pie spice              | 1 teaspoon             | $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, and $\frac{1}{8}$ teaspoon cardamom   |
| Baking powder, double-acting | 1 teaspoon             | $\frac{1}{4}$ teaspoon baking soda, $\frac{1}{2}$ teaspoon cream of tartar, and $\frac{1}{4}$ teaspoon corn starch OR $\frac{1}{4}$ teaspoon baking soda plus ( $\frac{1}{2}$ plus $\frac{1}{8}$ ) teaspoon cream of tartar |
| Broth, beef or chicken       | 1 cup                  | 1 bouillon cube or 1 teaspoon instant granules dissolved in 1 cup water   |
| Butter                       | 1 cup                  | 1 cup regular margarine OR 1 cup vegetable shortening   |
| Buttermilk                   | 1 cup                  | 1 tablespoon lemon juice or vinegar plus enough regular milk to make 1 cup ( <i>allow to stand for 5 to 10 minutes</i> )  |
| Chili sauce                  | 1 cup                  | 1 cup tomato sauce, $\frac{1}{4}$ cup brown sugar, 2 tablespoons vinegar, $\frac{1}{4}$ teaspoon cinnamon, dash of ground allspice, and dash of ground cloves   |
| Chives, finely chopped       | 1 tablespoon           | 1 tablespoon finely chopped green onion tops  |
| Chocolate, unsweetened       | 1 ounce                | 3 tablespoons cocoa plus 1 tablespoon butter or regular margarine or vegetable oil  |
| Cornstarch, for thickening   | 1 tablespoon           | 2 tablespoons flour ( <i>A flour-based gravy or sauce needs to be cooked longer than cornstarch and will have a floury taste if undercooked.</i> )  |
| Cream of tartar              | $\frac{1}{2}$ teaspoon | 1 $\frac{1}{2}$ teaspoons lemon juice or vinegar  |
| Egg                          | 1 whole egg            | $\frac{1}{4}$ cup egg substitute OR $\frac{1}{2}$ teaspoon baking powder plus 1 tablespoon vinegar plus 1 tablespoon liquid (for baking only)   |
| Flour, all-purpose white     | 1 cup                  | $\frac{1}{2}$ cup whole wheat flour plus $\frac{1}{2}$ cup all-purpose flour  |
| Flour, cake                  | 1 cup                  | 1 cup minus 2 tablespoons all-purpose flour   |

(Continued on next page)

***Ingredient Substitutions*** (continued)

| Ingredient                                  | Amount                         | Substitution   |
|---|--------------------------------|--|
| Flour, self-rising                          | 1 cup                          | 1 cup minus 2 teaspoons all-purpose flour plus 1½ teaspoons baking powder and ½ teaspoon salt                                      |
| Garlic                                      | 1 small clove                  | ⅛ teaspoon garlic powder OR<br>⅛ teaspoon instant minced garlic OR<br>¼ teaspoon garlic salt (reduce salt in recipe by ⅛ teaspoon) |
| Herbs, fresh                                | 1 tablespoon                   | 1 teaspoon dried leaf herbs OR<br>½ teaspoon ground dried herbs  |
| Honey                                       | 1 cup                          | 1½ cups sugar plus ¼ cup liquid ( <i>use liquid called for in recipe</i> )   |
| Lemon peel, grated                          | 1 teaspoon                     | ½ teaspoon lemon extract   |
| Marshmallows, miniature                     | 1 cup                          | 10 large marshmallows  |
| Mayonnaise (for salads and salad dressings) | 1 cup                          | 1 cup sour cream OR<br>1 cup plain yogurt OR<br>1 cup cottage cheese, pureed in a blender  |
| Mustard, dry                                | 1 teaspoon                     | 1 tablespoon prepared mustard  |
| Onion                                       | 1 small or ¼ cup chopped fresh | 1 tablespoon dry minced onion  |
| Pumpkin pie spice                           | 1 teaspoon                     | ½ teaspoon cinnamon plus ¼ teaspoon ground ginger plus ⅛ teaspoon ground allspice plus ⅛ teaspoon ground nutmeg                    |
| Sugar, powdered                             | 1 cup                          | 1 cup granulated sugar plus 1 tablespoon cornstarch (process in a food processor with metal blade attachment until it is powdery)  |
| Sugar                                       | 1 cup                          | 1 cup corn syrup minus ¼ cup liquid in recipe OR<br>1 cup packed brown sugar   |
| Tomatoes                                    | 1 (16-ounce) can               | (NOTE: <i>The type of sugar is specified if more than one type is used in a recipe.</i> )<br>2 cups fresh tomatoes, cut up         |
| Yeast, active dry                           | 1 package (¼ ounce)            | 2¼ teaspoons loose active dry yeast OR<br>1 package (0.6 ounce) compressed yeast cake  |
| Yogurt, plain                               | 1 cup                          | 1 cup sour cream OR<br>1 cup buttermilk OR<br>1 cup cottage cheese, pureed in a blender  |

**Skill Sheet 1**

## Reading and Altering Recipes

Whenever you change a recipe, you are conducting an experiment. The more you understand your original recipe, the more successful you will be with making adjustments to it. Therefore, it's essential to read your recipe carefully before proceeding.

### For Your Information

Always check to see that a recipe contains all of the information that you need before you begin to make the dish. The information may be arranged in several ways. In the most commonly used format, the **ingredients**, which are the *individual food items needed to make a recipe*, are listed first. The assembly **directions** follow the list of ingredients. Other, less common formats combine the ingredients and the directions.

Regardless of how a recipe is written, it should include the following basic information.

- Amount of each ingredient
- Temperatures and settings for appliances; for example, the temperature setting for the oven or the speed setting for the mixer
- Equipment needed to prepare the recipe, such as pots, pans, and cooking tools
- Times for cooking, chilling, setting, etc.
- Step-by-step directions for assembling and cooking the food
- Yield, or the number of servings or the amount the recipe makes

Sometimes the recipe you select does not make the desired number of servings. In certain recipes, the yield can be increased or decreased. Some reci-

pes are easier to adjust than others depending on what you are preparing and the type and amount of ingredients. For example, if a recipe calls for one egg, it would be difficult to divide the recipe in half, but it may be easy to double. It's often difficult to reduce a recipe to one serving. Carefully read through a recipe to determine if it can easily be made smaller or larger. When you make a recipe smaller or larger, the pan size and cooking time may need to be changed.

Successful recipe experimentation requires some basic record keeping. Record the specific changes you make, along with your reactions to the altered recipe. Use this as a reference when preparing the recipe in the future and continue to experiment with the recipe until you achieve your desired result.

### Ideas to Try

- Write a recipe that is poorly organized, leaving out steps and/or ingredients. Exchange your recipe with another student and have him or her identify and correct the problems.
- Gather several recipes from cookbooks, magazines, or the Internet and determine which ones would allow you to easily alter the yield. Why or why not?
- Invite the cafeteria manager to visit your lab to discuss the challenges of preparing recipes in large quantities.

(Continued on next page)

*Reading and Altering Recipes (continued)*

**Directions:** Complete the following *Recipe Adjustment and Evaluation Form* for the recipe you are modifying. For your convenience, use the recipe for “One Pan Chicken and Rice” to try your hand at modifying a recipe.

1. List all ingredients of the recipe, including ingredient amounts.
2. Multiply or divide to adjust the measurements according to the number of people you wish to serve. For example, if a recipe for 4 servings calls for 2 cups of cooked noodles and you want to serve just two people, divide by 2. Then adjust the recipe to include 1 cup of noodles.
3. List the original and adjusted number of servings, cooking time, and pan size.

**Recipe Adjustment and Evaluation Form**

Name of Recipe: \_\_\_\_\_

|   |                   |   |
|---|-------------------|---|
| <p><b>For Original Recipe</b><br/>                 Number of Servings = _____<br/>                 Cooking Time = _____<br/>                 Pan size = _____</p> |                   | <p><b>For Adjusted Recipe</b><br/>                 Number of Servings = _____<br/>                 Cooking Time = _____<br/>                 Pan size = _____</p> |
| <b>Original Ingredient Amount</b>   | <b>Ingredient</b> | <b>Adjusted Ingredient Amount</b>   |
|   |                   |   |

(Continued on next page)

**Skill Sheet 1**

*Reading and Altering Recipes (continued)*

**Directions:** Answer the following questions on a separate sheet of paper.

1. Did any of the ingredients require you to estimate the adjusted amount rather than use an exact amount? If so, describe how you reached your estimate.
2. Did a successful recipe result from your adjustments? Evaluate for taste, appearance, and serving size.
3. How could you improve the recipe?

## One Pan Chicken and Rice

This recipe is good for experimenting with recipe yield adjustment. The initial recipe makes 4 servings but can easily be adjusted to more or fewer.

- 1 lb. Boneless, skinless chicken breasts or thighs
- 4 tsp. Vegetable oil
- 1/3 cup Chopped onion
- 1 cup Broccoli florets, cut into bite-size pieces
- 1/2 cup Shredded carrots
- 1 1/4 cups Reduced-sodium chicken broth
- 1 1/2 cups Instant rice
- 1 cup Shredded reduced-fat Colby Jack cheese

1. Cut chicken into bite-size pieces.
2. Heat oil in a medium skillet over medium-high heat.
3. Add chicken and onion; cook, stirring constantly, about 3 to 4 minutes, or until lightly browned.
4. Add broccoli, carrots, and chicken broth. Bring to a boil.
5. Mix in rice. Cover skillet with lid and remove from heat.
6. Allow to stand for 3 minutes.
7. Remove the skillet cover and stir.
8. Sprinkle with shredded cheese.
9. Replace lid; allow to stand for 3 minutes, or until cheese is melted.

| <b>Nutrition Facts</b>   |                       |
|--------------------------|-----------------------|
| Serving Size (281g)      |                       |
| Servings Per Container 4 |                       |
| Amount Per Serving       |                       |
| Calories 400             | Calories from Fat 100 |
| % Daily Value*           |                       |
| Total Fat 12g            | 18%                   |
| Saturated Fat 5g         | 23%                   |
| <i>Trans</i> Fat .03g    |                       |
| Cholesterol 80mg         | 27%                   |
| Sodium 330g              | 14%                   |
| Total Carbohydrate 33g   | 11%                   |
| Dietary Fiber 1g         | 4%                    |
| Sugars 2g                |                       |
| Protein 38g              |                       |
| Vitamin A 100%           | Vitamin C 35%         |
| Calcium 25%              | Iron 10%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*(Continued on next page)*

# Measuring Ingredients

Correct measuring is extremely important in food preparation. A small mistake in measuring can have large consequences on the results of a recipe. Imagine adding 1 tablespoon of hot sauce to a recipe instead of 1 teaspoon!

The amount of an ingredient called for in a recipe is usually given in terms of volume or weight. An example of a volume measurement is “1 cup uncooked rice,” meaning the amount of space that the rice takes up. “Eight ounces of Cheddar cheese” is an example of a weight measurement. Ingredients may also be measured in terms of number of items, such as “1 small apple” or “2 eggs.”

The same measurement of an ingredient can be indicated in different ways by using equivalents. For example, 4 tablespoons of sugar can also be expressed as  $\frac{1}{4}$  cup sugar. Following are examples of equivalents for food preparation.

| Measurement        | Equivalent                                |
|--------------------|---|
| $\frac{1}{4}$ tsp. |   |
| $\frac{1}{2}$ tsp. |   |
| 1 tsp.             |   |
| 1 Tbsp.            | 3 tsp.                                    |
| $\frac{1}{4}$ cup  | 4 Tbsp or 12 tsp.                         |
| $\frac{1}{3}$ cup  | 5 Tbsp + 1 tsp.                           |
| $\frac{1}{2}$ cup  | 8 Tbsp. = 8 oz.                           |
| $\frac{3}{4}$ cup  | 12 Tbsp.                                  |
| 1 cup              | $\frac{1}{2}$ pt. = 16 fl. oz. = 16 Tbsp. |
| 1 pt.              | 2 cups = 16 fl. oz.                       |
| 1 qt.              | 4 cups = 2 pt. = 32 fl. oz.               |
| 1 gal.             | 4 qt. = 16 cups = 128 fl. oz.             |
| 1 lb.              | 16 oz.                                    |
| 2 lb.              | 32 oz.                                    |

## For Your Information

A well-equipped kitchen includes a variety of measuring tools, each with a different purpose. Standard dry and liquid measuring cups and measuring spoons are the secret to precise measuring. Standard measuring cups and spoons always hold the same amount, regardless of the design. By contrast, coffee mugs, juice cups, and serving spoons vary from one to another and should not be used for measuring ingredients.

Measuring spoons are recommended for measuring small amounts of liquid or dry ingredients—less than  $\frac{1}{4}$  cup. Sometimes recipes call for an amount that is smaller than your smallest measuring spoon. For example, if your recipe calls for  $\frac{1}{8}$  teaspoon of an ingredient and you have only a  $\frac{1}{4}$  teaspoon measure. Fill and level the  $\frac{1}{4}$  teaspoon measuring spoon. Then use a knife for dry ingredients to divide the ingredient amount in half, and push one half off the spoon. Always measure ingredients away from the bowl in which you are mixing ingredients. That way, if any extra spills, it won't fall into what you are making.

(Continued on next page)

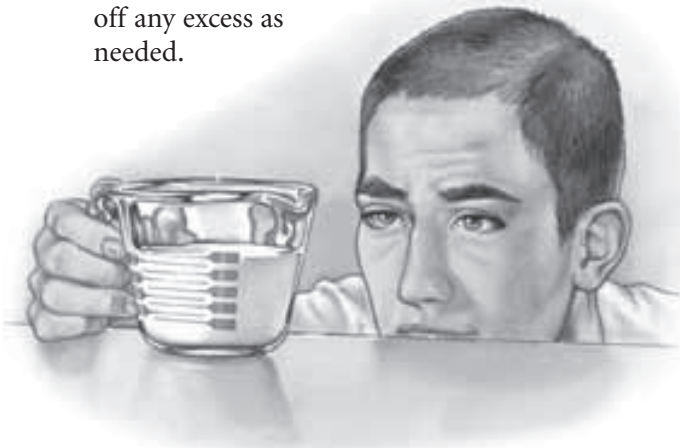
**Skill Sheet 2**

*Measuring Ingredients (continued)*

**Measuring Liquid Ingredients**

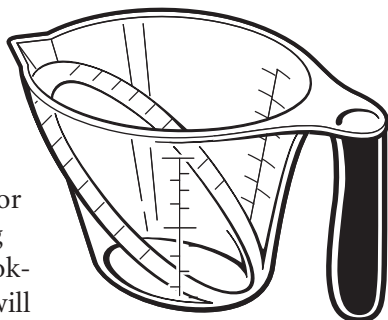
Liquid measuring cups are used to measure all types of liquids, including syrups and oil. These cups have extra space at the top and a spout to prevent spillage. The measurements are typically marked in fractions of a cup, fluid ounces, and milliliters.

- To measure liquids, it is usually suggested that you place the cup on a level surface and stoop down until your eyes are level with the correct mark. Fill the cup to that mark, adding more liquid or pouring off any excess as needed.



- However, some measuring cups have a unique shape, with the measurements marked on the interior, allowing you to pour the liquid to the correct level without bending down to eye level.

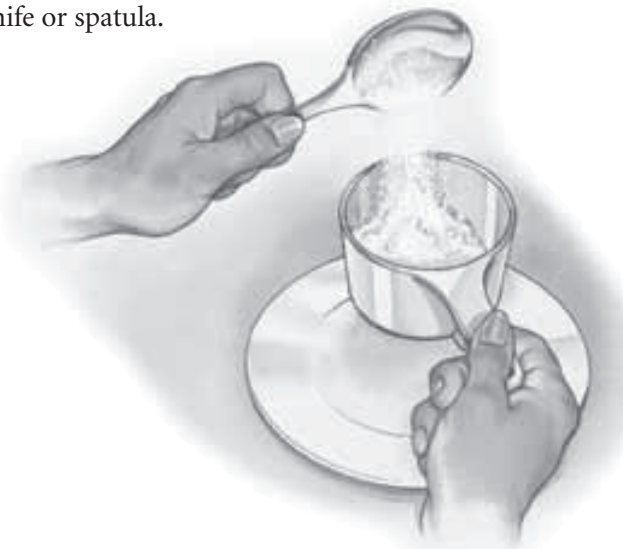
When measuring honey, syrups, and other thick liquids, coat the measuring cup or spoon with cooking spray or a bit of cooking oil. The liquid will easily slide out without sticking.



**Measuring Dry Ingredients**

Dry measuring cups are used to measure sugar, flour, bread crumbs, dry beans, spices, and other dry ingredients. These cups are also used to measure a variety of foods such as diced vegetables, cubed chicken, and yogurt. They typically come in sets of varying sizes, usually 1/4 cup, 1/3 cup, 1/2 cup, and 1 cup.

To measure dry ingredients, it is best to place the cup on waxed paper to catch any spills. Fill the cup slightly above the brim. Typically, ingredients such as flour and granulated sugar should be lightly spooned into the measuring cup. If the recipe calls for sifted flour, first sift the flour onto waxed paper and then measure it. Once in the cup, the flour or sugar should be leveled off with a straight-edged knife or spatula.



*(Continued on next page)*



*Measuring Ingredients (continued)*

Recipes usually recommend that brown sugar be packed down into the measuring cup because it contains moisture. Continue adding and packing down the sugar until the cup is slightly more than full. Then level off the top. When you invert the cup or spoon of brown sugar, the sugar should hold its shape.

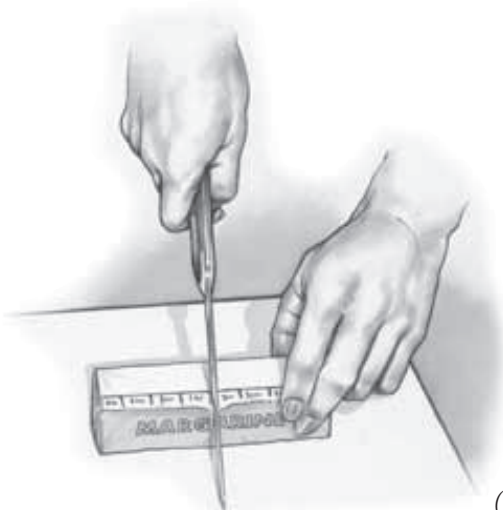


- Another technique is the dry measuring cup method. Spoon the fat into the cup, packing it firmly to eliminate air pockets. Level off the top, and then scrape it out using a rubber spatula.

**Measuring Solid Fats**

Fats such as butter, margarine, and shortening can be measured several ways:

- Use the stick method for fat that comes in quarter-pound sticks, such as butter and margarine. The wrappers on these sticks are marked in tablespoons and fractions of a cup. Simply cut off the amount needed.



- A third technique is the water-displacement method. To measure  $\frac{1}{4}$  cup of shortening, for example, fill a liquid measuring cup to the  $\frac{3}{4}$  cup mark with water. Add the solid fat until the water level reaches the 1 cup line. Then drain the water and remove the fat with a rubber spatula. ( $\frac{3}{4}$  cup water +  $\frac{1}{4}$  cup solid fat = 1 cup.)

**Measuring by Weight**

*(Continued on next page)*

**Skill Sheet 2*****Measuring Ingredients*** (continued)

If a recipe specifies an amount by weight, such as 1 pound of turkey, you may not need to measure at all. The weights of many packaged foods are given on the labels. If you do need to weigh the ingredient, use a kitchen food scale. First, place an appropriate empty container on the scale. Turn the adjustment knob until the scale reads zero. Then add the ingredient to the container until the scale registers the desired amount.

**Adjusting Measurements**

Sometimes you need to prepare a recipe for more or fewer people than the recipe serves. In these cases, you might adapt the recipe by adjusting the measurements.

Adjusting recipe measurements works well for mixtures of foods such as stews, salads, casseroles, and some desserts. Ingredient amounts can be rounded up or down without affecting results for these items. For example, if your version of a casserole calls for half an egg, you could use a whole egg without causing a problem. Recipes for certain baked products such as cakes and breads may be

harder to adapt. Good results depend on exact proportions of ingredients.

See *Skill Sheet 1—Reading and Altering Recipes* on page 20 of this ancillary for more information. Then use your math skills to increase or decrease the ingredients in the recipe that you want to adjust.

**Ideas to Try**

- Bring in a recipe and list all of the measuring equipment needed for its preparation.
- In small groups, test one another on equivalent measurements.
- Practice measuring 1 cup flour, 1 cup sifted flour,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{3}$  cup water, 1 tsp. baking soda.
- Measure 2 Tbsp. margarine by all three methods of measuring solid fats.

(Continued on next page)

*Measuring Ingredients (continued)*

## Microwave Apple Crisp

**Yield:** 4 to 6 servings

- 4 Medium apples (such as Granny Smith, golden delicious or Jonathan), peeled, cored, and sliced
- 3 Tbsp. Butter or margarine
- ¼ cup Brown sugar
- ¼ cup Granulated sugar
- ⅓ cup All-purpose flour
- ½ cup Quick or old-fashioned oatmeal
- 1 tsp. Ground cinnamon
- ⅛ tsp. Ground nutmeg
- 2 cups Frozen low-fat yogurt or low-fat ice cream (optional)

1. Spread apple slices evenly in an 8 × 8 × 2-inch microwave-safe baking dish.
2. Place butter in medium-sized microwave-safe mixing bowl; cover with waxed paper.
3. Microwave on 50 percent power for 30 to 45 seconds, until softened.
4. Add brown sugar, granulated sugar, flour, oatmeal, cinnamon, and nutmeg; mix until crumbly.
5. Distribute oat mixture evenly over apples.
6. Microwave, uncovered, on 100 percent power for 10 to 12 minutes, or until apples are tender.
7. Top with frozen yogurt or ice cream, if desired.

| <b>Nutrition Facts</b>     |      |                      |
|----------------------------|------|----------------------|
| Serving Size (157g)        |      |                      |
| Servings Per Container 4-6 |      |                      |
| Amount Per Serving         |      |                      |
| Calories                   | 270  | Calories from Fat 70 |
| % Daily Value*             |      |                      |
| Total Fat                  | 8g   | 12%                  |
| Saturated Fat              | 5g   | 23%                  |
| Trans Fat                  | 0mg  |                      |
| Cholesterol                | 20mg | 7%                   |
| Sodium                     | 5mg  | 0%                   |
| Total Carbohydrate         | 50g  | 17%                  |
| Dietary Fiber              | 4g   | 16%                  |
| Sugars                     | 34g  |                      |
| Protein                    | 2g   |                      |
| Vitamin A                  | 6%   | Vitamin C 10%        |
| Calcium                    | 4%   | Iron 8%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Recipe Evaluation

**Directions:** Evaluate the procedures and recipe by answering the following questions. Place an X in the appropriate box to the right of each question.

Rating scale: 1 = poor; 2 = fair; 3 = average; 4 = above average; 5 = excellent.

*(Continued on next page)*

**Skill Sheet 2**

*Measuring Ingredients (continued)*

| Apple Crisp                           | Poor<br>1 | Fair<br>2 | Average<br>3 | Above<br>Average<br>4 | Excellent<br>5 |
|---------------------------------------|-----------|-----------|--------------|-----------------------|----------------|
| Were ingredients measured accurately? |           |           |              |                       |                |
| Are apples tender and soft?           |           |           |              |                       |                |
| Is the topping crunchy?               |           |           |              |                       |                |
| Are spices in the topping mixed well? |           |           |              |                       |                |

1. What problems, if any, did you encounter while making this recipe?

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2. What would you change, if anything, when preparing this recipe in the future? Why?

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## Knife Skills

The best-quality knives are typically made from stainless steel or carbon steel. Stainless steel knives maintain their shine and do not rust. Carbon steel knives stay sharper but tend to rust more easily.

### For Your Information

Knives are invaluable kitchen tools, not toys. The more you practice your knife skills, the more efficient you'll become. Practicing knife safety will enhance your culinary success. Following is a list of safety precautions to help you avoid accidents with knives.

- Keep knives sharp. Dull knives are more likely to slip and may cause you to cut yourself.
- Always cut with the blade of the knife slanting away from you.
- Always hold foods to be cut with your fingertips tucked in.
- Always use a wood or plastic cutting board when you use a knife; other surfaces can damage the knife. Place a wet cloth or paper towel under the cutting board to prevent the board from slipping.
- Never cut foods while holding them in your hand.
- Don't leave a knife on the edge of a counter or table. If you drop a knife, step back and let it fall. Never try to catch it on the way down.
- Wash knives one at a time with the blade pointed away from your hand. Never place them in soapy water where they cannot be seen.

There are many types of knives, each serving a different purpose. The chef generally chooses the knife type based on the food being prepared. For

example, chopping celery calls for a different knife than the one used for slicing bread. A brief description of the basic knives follows.

- **Paring knife:** The paring knife usually has a 2- to 4-inch blade and can be used for dicing, slicing, peeling, or chopping fruits and vegetables.
- **Utility knife:** The utility knife is an all-purpose knife and usually has a 5- to 7-inch



blade. It's used for the same functions as the paring knife.



• **Chef's knife:** Also called a French knife, the chef's knife has an 8- to 14-inch triangular, pointed-tip blade and is used for chopping, trimming, slicing, and dicing. It's generally used when cutting large amounts of food.



• **Bread knife:** Bread knives have a long serrated blade, usually with a rounded tip. The serrated edge makes it easier to slice foods such as breads and cakes. Use a sawing motion when cutting with a serrated knife.

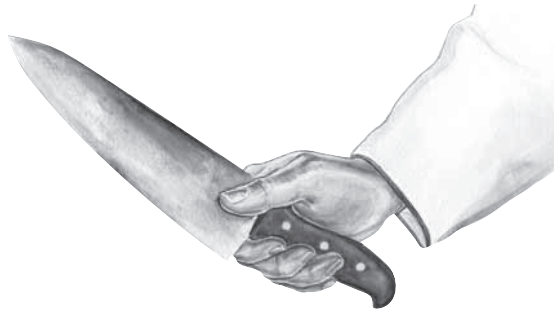


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**Skill Sheet 3****Knife Skills** (continued)**Cutting Terms and Techniques**

Always hold the handle of the knife securely when cutting food. Try to avoid placing your index finger over the blade. Always use smooth, even strokes and don't force the knife through the food. It is important to keep the sizes and shapes of the food uniform, so that they are attractive and cook evenly.

The basic knife-cutting motion is a fluid down-and-forward motion. For safety, it's best to guide the knife with one hand while firmly holding the food in place with the other hand. Use a "bear claw" position for the hand holding the food, curling your fingers under toward your palm.



- **Pare:** To pare a fruit or vegetable means to cut away the skin. Paring can be done with either a paring knife or a peeler. A peeler removes a thinner layer, leaving more of the vitamins that are concentrated just under the skin.

- **Chop and mince:** To chop food is to cut it into small, irregular pieces. The recipe may tell you what size pieces you need—coarse, medium, or fine. To mince is to chop food until the pieces are as small as you can make them. A food processor may also be used for chopping and mincing.



(Continued on next page)

*Knife Skills (continued)*

- **Slice:** A sharp knife and a cutting board are usually used to slice food. Steady the food with one hand or with a fork, and use the other hand to cut the food into thin, flat pieces. A food processor may be used to slice some foods.



such as lettuce and cabbage can be cut into shreds with a knife by placing them flat side down on a cutting board and shaving as close to the edge as possible.



- **Cube and dice:** To cube or dice foods, cut them in three directions. First, slice the food. Next, stack the slices, and cut them first in one direction and then the other. To cube, make the cuts about  $\frac{1}{2}$  inch apart. To dice, make the cuts about  $\frac{1}{4}$  inch apart, or as specified in the recipe.

**Ideas to Try**

- Use a potato to practice the basic knife-cutting techniques. Then cook the potatoes and create mashed potatoes with them.
- At home, select your favorite knife-cutting method and find a recipe in a cookbook or on the Internet that uses this skill.
- Research on the Internet the different types of knives and materials used to make them.
- Create an appetizer menu for a party and discuss the knives and techniques that will be utilized.

- **Shred:**  
Foods



*(Continued on next page)*

**Skill Sheet 3**

*Knife Skills (continued)*

# Oven French Fries

**Yield:** 4 servings

- Vegetable oil spray
- 2 Large potatoes
- 2 tsp. Vegetable oil
- ¼ tsp. Seasoned salt
- ¼ tsp. Pepper

1. Preheat oven to 425°F.
2. Lightly spray a 9 × 13-inch baking pan with vegetable oil.
3. Wash potatoes with vegetable brush under cool, running water.
4. Slice unpeeled potatoes into thin strips, about one-quarter inch thick.
5. Add cold water and ice to a medium bowl; add potatoes and chill for 10 minutes.
6. Dry potatoes on paper towels and place them in prepared baking pan.
7. Dip pastry brush in oil and lightly brush potato strips.
8. Sprinkle with seasoned salt and pepper. Turn potatoes to coat all sides.
9. Bake 25 to 30 minutes, or until crisp and lightly browned.

| Nutrition Facts          |                      |
|--------------------------|----------------------|
| Serving Size (187g)      |                      |
| Servings Per Container 4 |                      |
| Amount Per Serving       |                      |
| Calories 160             | Calories from Fat 20 |
| % Daily Value*           |                      |
| Total Fat 3g             | 4%                   |
| Saturated Fat 0g         | 0%                   |
| <i>Trans</i> Fat 0g      |                      |
| Cholesterol 0mg          | 0%                   |
| Sodium 105mg             | 4%                   |
| Total Carbohydrate 32g   | 11%                  |
| Dietary Fiber 4g         | 16%                  |
| Sugars 1g                |                      |
| Protein 4g               |                      |
| Vitamin A 0%             | Vitamin C 60%        |
| Calcium 2%               | Iron 8%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Dipping Sauce Suggestions**

- Flavored mayonnaise (wasabi, barbeque, mustard)
- Salsa
- Malt vinegar
- Tartar sauce or ranch dressing
- Barbeque sauce instead of traditional catsup

*(Continued on next page)*



*Knife Skills (continued)*

## Fried Sweet Potato Pies

**Yield:** 6 individual pies

- Vegetable oil to cover pies when frying
- 3 to 4 Medium size sweet potatoes cut into cubes
- 1 Egg yolk
- ¼ cup Cane Syrup
- 1 tsp. Vanilla extract
- 1 tsp. Ground cinnamon
- ¼ tsp. Ground nutmeg
- 6 Egg roll wrappers
- Sifted powdered sugar

1. In a medium saucepan, cover the potato cubes with cold water and cook over medium heat until the potato until is fork tender. Drain the potato cubes and place in a bowl; lightly mash.
2. Heat the vegetable oil in a wok or deep pot.
3. Combine the sweet potatoes, the egg yolk, cane syrup, vanilla, cinnamon and nutmeg. Mix well.
4. Place ⅓ cup of filling in the center of each egg roll wrapper. Carefully wet all four dough edges with water using your fingers. Bring one corner of the wrapper to the other, forming a triangle.
5. Fold over point and, with a small amount of water, seal. Fold over the sides (it will look like an envelope); make sure there is a small amount of water to completely seal each side.
6. Place on paper towels to absorb any accumulation of water.
7. Fry each of the 6 sweet potato pies covered in hot oil; add one or two at a time to fry evenly. When pies are golden brown, remove from oil and drain on paper towels.
8. Sprinkle with powdered sugar while pies are still warm.

| <b>Nutrition Facts</b>  |                      |
|---|----------------------|
| Serving Size (210g)   |                      |
| Servings Per Container 4  |                      |
| <hr/>   |                      |
| Amount Per Serving  |                      |
| Calories 290  | Calories from Fat 40 |
| <hr/>   |                      |
| % Daily Value*  |                      |
| Total Fat 5g  | 7%                   |
| Saturated Fat 2g  | 8%                   |
| <i>Trans</i> Fat .03g   |                      |
| Cholesterol 75mg  | 25%                  |
| Sodium 360mg  | 15%                  |
| Total Carbohydrate 26g  | 9%                   |
| Dietary Fiber 2g  | 8%                   |
| Sugars 4g   |                      |
| Protein 36g   |                      |
| <hr/>   |                      |
| Vitamin A 25%   | Vitamin C 10%        |
| Calcium 20%   | Iron 15%             |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                      |

*(Continued on next page)*

**Skill Sheet 3**

*Knife Skills (continued)*

**Recipe Evaluation**

**Directions:** Evaluate the procedures and the recipe by answering the following questions. Place an X in the appropriate box to the right of each question.

Rating scale: 1 = poor; 2 = fair; 3 = average; 4 = above average; 5 = excellent

| Oven French Fries or Fried Sweet Potato Pies                       | Poor<br>1 | Fair<br>2 | Average<br>3 | Above Average<br>4 | Excellent<br>5 |
|--|-----------|-----------|--------------|--------------------|----------------|
| Were potatoes placed on cutting board for slicing or dicing?       |           |           |              |                    |                |
| Were potatoes held in place by hand with fingertips tucked inward? |           |           |              |                    |                |
| Were potatoes cut into uniform slices or cubes?                    |           |           |              |                    |                |
| Was correct knife used to cut potatoes into slices or cubes?       |           |           |              |                    |                |
| Are French Fries or Sweet Potato Pies evenly browned?              |           |           |              |                    |                |

1. What problems, if any, did you encounter while making this recipe?

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2. What would you change, if anything, when preparing this recipe in the future? Why?

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*(Continued on next page)*

## Using Herbs and Spices

Culinary herbs and spices are healthful and delicious. When used in recipes, they can help reduce the amount of salt, sugar, and fat needed. Also, researchers have found many culinary herbs to contain antioxidants, which may help protect our bodies against such diseases as cancer and heart disease.

As you begin to discover the tastes of various herbs and spices, you'll probably find that you have certain favorites, such as dill in salad dressing, basil with tomatoes, or cilantro with salsa. You can use spices such as cinnamon in apple and pumpkin pie or nutmeg in custard and pudding.

### For Your Information

- Spices are defined as the aromatic parts of plants—bark, leaves, seeds, stamen, and shells. They generally grow in hot, tropical areas. Herbs are leaves and stems from plants that grow in more temperate climates.
  - It is often difficult to match the wonderful flavor of fresh herbs with dried herbs. This is especially true for herbs such as basil, parsley, cilantro, and chives.
  - Growing your own fresh herbs will cost less than purchasing them at a supermarket. Many people grow herbs such as parsley, chives, rosemary, thyme, and basil in flowerpots or outside gardens. Experiment with a kitchen herb garden. You will have fantastic flavors to add to your recipes.
  - When you experiment with herbs and spices in recipes, start out with a small amount. Add just enough to enhance the natural flavors of the ingredients. Start with  $\frac{1}{2}$  teaspoon per 4 servings; gradually add more as desired.
- Dried herbs are stronger than fresh and powdered herbs are stronger than crumbled herbs. Try this useful formula:  $\frac{1}{4}$  tsp. powdered herbs =  $\frac{3}{4}$  to 1 tsp. crumbled = 2 tsp. fresh.
  - Extended cooking times diminish the impact and flavor of herbs. If the food will cook for only a short time, add the herbs and spices at the beginning. For recipes that have longer cooking times, it is generally best to add the herbs during the last 45 minutes. For cold foods such as dips, salad dressings, and vegetables, add the spices and herbs to the other recipe ingredients. Refrigerate for several hours or overnight to allow the flavors to blend.

### Ideas to Try

- Place dried or fresh herbs in small bags or jars; number the samples. Allow students to smell and touch them. Have students guess the names of the herbs.
- Prepare several versions of the same simple dish, each with a different combination of herbs or spices. These foods might include omelets, vegetables such as carrots or potatoes, dips, muffins, and biscuits.
- Host an herb and spice tasting. Add fresh and dried herbs and spices to  $\frac{1}{2}$ -cup portions of cottage cheese.

(Continued on next page)

**Skill Sheet 4***Using Herbs and Spices (continued)*

## Culinary Herb Combinations

| Herb            | Common Uses  |
|-----------------|--|
| <b>Anise</b>    | Baked goods, pork, chicken, fish, stews, beverages, stewed fruit   |
| <b>Basil</b>    | Tomatoes and tomato dishes, pesto, pasta sauce, vinegars, rice, eggs, meats, salads, vegetables                |
| <b>Chive</b>    | Dips, salads, stews, potatoes, tomatoes, vegetables, butter, yogurt, cream cheese, sour cream                  |
| <b>Cilantro</b> | Mexican, Asian, and Caribbean recipes, salsa, tomatoes   |
| <b>Dill</b>     | Fish, carrots, cottage cheese, potatoes, breads, cucumbers, salads, beets                                      |
| <b>Fennel</b>   | Marinades for meats and fish, eggs, tomato dishes, carrots, pickles, breads, baked goods                       |
| <b>Marjoram</b> | French dressing, meats, soups, stews, vegetables, tomato dishes, eggs, breads                                  |
| <b>Mint</b>     | Carrots, fruits, tabbouleh, peas, lamb, tea, lemonade, jelly   |
| <b>Nutmeg</b>   | Vegetables, custard, pudding, baked goods, eggnog  |
| <b>Oregano</b>  | Tomato sauces, barbecue sauce, eggs, cheese, soups, pork, vegetables, salad dressings                          |
| <b>Parsley</b>  | Potato salad, tomato sauces, fish, meats, stews, soups, vegetables   |
| <b>Rosemary</b> | Lamb, chicken, fish, pork, roasted potatoes, soups, stews, tomatoes, vegetables                                |
| <b>Sage</b>     | Poultry, fish, meat, soups, stuffing, chowders   |
| <b>Savory</b>   | Beans, stews, pork, chowders, fish, eggs, biscuits   |
| <b>Tarragon</b> | Chicken, eggs, fish, meat, asparagus, cucumbers, beans, yogurt and sour cream dishes                           |
| <b>Thyme</b>    | Eggs, lima beans, potatoes, tomatoes, poultry, broccoli, onions, clam chowder, fish, stuffing, bread, biscuits |

*(Continued on next page)*

*Using Herbs and Spices (continued)*

## Oven Fried Italian Chicken

**Yield:** 4 servings

- Vegetable oil spray
- ¾ cup Plain dry bread crumbs
- 4 Tbsp. Parmesan cheese
- 3 Tbsp. Flour
- 1 Tbsp. Paprika
- 1 tsp. Italian seasoning\*
- 1 tsp. Onion powder
- 1 tsp. Garlic powder
- ⅛ tsp. Cayenne pepper
- 1 cup Nonfat plain yogurt
- 4 Boneless, skinless chicken breast halves

1. Preheat oven to 450°F.
2. Lightly spray a baking sheet with vegetable oil.
3. Mix bread crumbs, cheese, flour, paprika, Italian seasoning, onion powder, garlic powder, and cayenne in a resealable plastic bag.
4. Spoon yogurt into a medium bowl; dip chicken pieces into yogurt.
5. Place one piece of chicken into bag and shake to coat with seasoning; repeat with remaining chicken pieces.
6. Place chicken on prepared baking sheet.
7. Lightly spray the top of chicken with vegetable oil.
8. Bake 20 minutes, or until chicken is fork tender and juices run clear.

\* Italian seasoning is a blend of herbs such as marjoram, thyme, rosemary, savory, sage, oregano, and basil.

| <b>Nutrition Facts</b>   |                      |
|--------------------------|----------------------|
| Serving Size (210g)      |                      |
| Servings Per Container 4 |                      |
| Amount Per Serving       |                      |
| Calories 290             | Calories from Fat 40 |
| % Daily Value*           |                      |
| Total Fat 5g             | 7%                   |
| Saturated Fat 2g         | 8%                   |
| Trans Fat .03g           |                      |
| Cholesterol 75mg         | 25%                  |
| Sodium 360mg             | 15%                  |
| Total Carbohydrate 26g   | 9%                   |
| Dietary Fiber 2g         | 8%                   |
| Sugars 4g                |                      |
| Protein 36g              |                      |
| Vitamin A 25%            | Vitamin C 10%        |
| Calcium 20%              | Iron 15%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

(Continued on next page)

**Skill Sheet 4**

*Using Herbs and Spices (continued)*

**Recipe Evaluation**

**Directions:** Evaluate the procedures and recipe by answering the following questions. Place an X in the appropriate box to the right of each question.

Rating scale: 1 = poor; 2 = fair; 3 = average; 4 = above average; 5 = excellent

| Oven Fried Italian Chicken                             | Poor<br>1 | Fair<br>2 | Average<br>3 | Above Average<br>4 | Excellent<br>5 |
|--|-----------|-----------|--------------|--------------------|----------------|
| Is the chicken thoroughly cooked?                      |           |           |              |                    |                |
| Is the chicken moist, not chewy or dry?                |           |           |              |                    |                |
| Is the Oven Fried Italian Chicken pleasantly seasoned? |           |           |              |                    |                |
| Does the chicken have an attractive appearance?        |           |           |              |                    |                |

1. What problems, if any, did you encounter while making this recipe?

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2. What would you change, if anything, when preparing this recipe in the future? Why?

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## Using Mixing Techniques

Mixing, or combining ingredients, is a skill frequently used in food preparation. A recipe should clearly explain how and in what order to combine the ingredients. When mixing foods, you need to know the speed at which the mixing should be done. The speed of mixing affects the amount of air that is introduced into the mixture. Stirring slowly will produce very different results from beating vigorously. High-speed mixing usually introduces more air than mixing at slow speeds.

When dry and liquid ingredients are combined, they are called batters and doughs. Batters are usually easy to pour, because they contain almost equal amounts of dry and liquid ingredients. Examples include cakes and muffins. By contrast, doughs are firmer than batters, because they contain more dry than liquid ingredients. Doughs can be prepared in a mixer or with your hands and are sometimes stiff enough to cut into shapes. Examples include breads, cookies, and biscuits.

### Mixing Equipment

A variety of equipment can be used for mixing ingredients in a recipe. Following is a list of the basic types.

- **Mixing spoons:** Made of all kinds of materials, including plastic, silicone, and metal, these are used for many mixing tasks.
- **Rubber scraper or spatula:** Used to fold, or gently combine ingredients, this tool is also handy for scraping food from bowls. Heat-resistant silicone spatulas are recommended when mixing hot ingredients.
- **Mixing bowls:** These are available in different sizes, often as a set. Mixing bowls can be made of glass, enamel, metal, plastic, or pottery.

- **Wire whisk:** This tool is used for blending, stirring, beating, and whipping.
- **Rotary or egg beater:** This is used for beating ingredients, especially eggs and thin batters.
- **Pastry blender:** Used to cut butter, margarine, or shortening into flour for biscuits, piecrusts, and crumb toppings.
- **Electric mixer:** This electric appliance is used to blend, beat, and whip ingredients. It has multiple speeds and comes in handheld or stand models.

### Mixing Terms and Techniques

- **Stir:** This is a slow mixing technique done in a circular motion with a spoon or a wire whisk.
- **Blend:** To blend is to thoroughly combine two or more ingredients until the mixture has a uniform appearance. Blending may be done with a spoon, wire whisk, rotary or egg beater, electric mixer, or electric blender.
- **Beat:** To beat is to mix ingredients vigorously, which introduces air into them. To beat by hand with a spoon or wire whisk, use a quick, circular, over-and-under motion that lifts the mixture on each rotation, adding air. Beating can also be done with a rotary or egg beater or electric mixer.
- **Whip:** Whipping is a very rapid beating that incorporates so much air that it increases the volume of the product. For example, whipped cream has twice the volume of the original heavy cream. To whip, use a wire whisk, rotary or egg beater, or electric mixer.

(Continued on next page)

**Skill Sheet 5*****Using Mixing Techniques*** (continued)

- **Cream:** To cream is to beat shortening or another fat with sugar until the mixture is light and fluffy. Creaming is done with a spoon, a rotary beater, or an electric mixer.
- **Cut in:** To cut in is to mix a solid fat, such as butter, margarine, or shortening, with dry ingredients using a cutting motion. You can use a pastry blender or two knives for this task.
- **Fold:** Use a spoon or scraper (spatula) to fold, or gently add an air-filled ingredient to a mixture. For example, you might fold whipped egg white into cake batter. Gently cut down through the mixture and across the bottom. Then, without lifting the utensil out, bring some of the mixture up and over. Repeat, keeping the utensil in the mixture, until the ingredients are combined.
- **Toss:** To toss a salad, tumble the ingredients lightly together using a spoon or fork. This delicate handling keeps the lettuce from bruising.
- **Kneading:** To knead is to work dough by hand or use an electric stand mixer with a dough hook to evenly mix ingredients.
- **Sifting:** To force one or more dry ingredients—for example, flour—through a sifter or strainer to add air, remove lumps, or mix two ingredients.

**Mixing Tips**

Following are a variety of mixing tips.

- Choose a bowl that is the right size for the task. Base your decision on both the amount of the ingredients and the method of mixing. Beating or whipping will require a larger bowl than stirring.
- Choose the best tool or appliance for the task. You might use a wire whisk to blend eggs but an electric mixer to make cookie dough.
- Place a wet cloth under your mixing bowl to keep it from sliding.
- When adding dry ingredients to a wet mixture, add a small amount at a time. Mix until the dry ingredients disappear before adding more. Some stand mixers have a mixing shield attachment that makes this task easier and less messy.
- Use a rubber or silicone spatula to remove food from a mixing bowl.

**Ideas to Try**

- Invite a chef to speak to the class about mixing techniques. Have students make a list of questions for the guest in advance.
- Select a recipe for a baked product that can be mixed with an electric mixer, spoon, or wire whisk. Assign small groups of students to use either the mixer, spoon, or wire whisk for the recipe. Compare the results of the finished products based on taste, texture, and appearance.
- Practice cutting butter, margarine, or shortening into flour. Use a pastry blender or two knives and compare the ease of completing the task.

(Continued on next page)



*Using Mixing Techniques (continued)*

# Oatmeal Cookies in a Cup

**Yield:** 12 Oatmeal Cookie Cups

- Vegetable oil spray
- ½ cup Butter or margarine, softened
- ½ cup Light brown sugar
- ½ cup Granulated sugar
- 1 Egg
- ½ tsp. Vanilla
- 1 cup + 2 Tbsp. All-purpose flour
- ½ tsp. Baking soda
- ½ tsp. Ground cinnamon
- ¼ tsp. Salt
- 1 cup Quick or old-fashioned oatmeal
- ½ cup Chocolate chips or raisins
- Ice cream or frozen yogurt, any flavor (optional)
- Chocolate or hot fudge ice cream topping (optional)

| Nutrition Facts  |                      |
|--|----------------------|
| Serving Size (57g)   |                      |
| Servings Per Container 12  |                      |
| Amount Per Serving   |                      |
| Calories 240   | Calories from Fat 90 |
| % Daily Value*   |                      |
| Total Fat 11g  | 17%                  |
| Saturated Fat 6g   | 30%                  |
| <i>Trans Fat 0g</i>  |                      |
| Cholesterol 40mg   | 13%                  |
| Sodium 110mg   | 5%                   |
| Total Carbohydrate 35g   | 12%                  |
| Dietary Fiber 1g   | 4%                   |
| Sugars 21g   |                      |
| Protein 3g   |                      |
| Vitamin A 6%   | Vitamin C 0%         |
| Calcium 2%   | Iron 8%              |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |

1. Preheat oven to 350°F.
2. Lightly spray muffin cups with vegetable oil.
3. Cream together butter, brown sugar, and granulated sugar until light and fluffy.
4. Stir in egg and vanilla; mix thoroughly.
5. Add flour, baking soda, cinnamon, and salt. Blend until ingredients are thoroughly combined.
6. Stir in oatmeal and chocolate chips.
7. Place two tablespoons cookie dough in each muffin cup. Use the back of a spoon or press with fingers to cover bottom and sides of muffin cups.
8. Bake for 10 to 12 minutes, or until edges are light golden brown and center is set.
9. Cool 5 minutes on wire rack.
10. Run a table knife around edges of each muffin cup; remove cookies from pan.
11. Cool on wire rack 5 minutes longer.
12. To serve, place one small scoop of ice cream or frozen yogurt in each cookie cup. Drizzle with ice cream topping.

NOTE: This recipe can easily be adapted to a two-day lab. On day one, do steps 2 through 7, cover pan with plastic wrap, and refrigerate. At next foods lab, bake and serve according to recipe instructions. Cooking time may increase an additional 5 minutes, depending upon temperature of chilled cookie dough.

*(Continued on next page)*

**Skill Sheet 5**

*Using Mixing Techniques (continued)*

**Recipe Evaluation**

**Directions:** Evaluate the procedures and the recipe by answering the following questions. Place an X in the appropriate box to the right of each question.

Rating scale: 1 = poor; 2 = fair; 3 = average; 4 = above average; 5 = excellent

| <b>Oatmeal Cookies<br/>in a Cup</b>  | <b>Poor<br/>1</b> | <b>Fair<br/>2</b> | <b>Average<br/>3</b> | <b>Above<br/>Average<br/>4</b> | <b>Excellent<br/>5</b> |
|--|-------------------|-------------------|----------------------|--------------------------------|------------------------|
| Were the butter and sugar creamed until light and fluffy?                              |                   |                   |                      |                                |                        |
| Was the egg totally incorporated into the dough?                                       |                   |                   |                      |                                |                        |
| Were the flour, oatmeal, and chips evenly distributed throughout the finished product? |                   |                   |                      |                                |                        |
| Are the cookies delicately browned?  |                   |                   |                      |                                |                        |
| Do the cookies have a tender texture?  |                   |                   |                      |                                |                        |
| Do the cookies have a pleasing taste?  |                   |                   |                      |                                |                        |

1. What problems, if any, did you encounter while making this recipe?

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2. What would you change, if anything, when preparing this recipe in the future? Why?

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## Cooking with Moist Heat

Moist-heat cooking includes steaming, poaching, simmering, boiling, stewing, wrapping, and braising. As the name implies, liquid or steam is used in the cooking process.

### For Your Information

Moist-heat cooking methods are used for a number of reasons. Long, slow moist-heat cooking can help tenderize meats, vegetables, and other foods. Some foods, such as rice and dry beans, are cooked in moist heat so that they can absorb water and soften. Another advantage of moist heat is that it helps flavors blend, as in a sauce or soup.

When adding food to hot liquids, use tongs or a long-handled spoon to hold the food just above the surface of the liquid. Then gently ease the food in. Dropping the food from high above the liquid can cause the liquid to splash, resulting in burns. Moist-heat cooking methods include:

- **Steaming:** Steaming helps preserve the nutrients in food. The most common method is to boil a small amount of water in a pan, then put the food into a steamer, a metal basket that holds the food above the water. After the pan is covered with a tight-fitting lid, the water continues to boil and the steam cooks the food in the basket. Steaming, like simmering, is an especially good way to cook vegetables.
- **Pressure Cooking:** Pressure cooking requires a special airtight pot in which the food cooks quickly by means of hot steam that is under pressure. This method can be used for less tender cuts of meat and poultry and for such vegetables as potatoes and carrots.
- **Boiling:** To boil means to heat liquid at a high temperature so that bubbles rise continuously to the surface and break. A recipe might tell you to bring sauce to a boil or to cook noodles in boiling water. Most foods, however, should not be cooked in boiling liquid. Boiling can rob food of nutrients and cause it to overcook or break apart.
- **Simmering:** To simmer means to heat liquid to a temperature just below the boiling point. Small bubbles should form, with some bubbles rising slowly to the surface. Vegetables are often cooked in simmering liquid. Fewer nutrients are lost than with boiling.
- **Poaching:** To poach means to cook whole foods in a small amount of simmering liquid so that they keep their original shape. Tender foods, such as fish, eggs, and fruit, are sometimes poached.
- **Stewing:** Stewing is similar to braising, but the food is cut into small pieces before it is stewed. Braising and stewing are usually used for less tender cuts of meat and for poultry, vegetables, and some fruits.
- **Braising:** To braise food, a pot roast, for example, you brown the food in a small amount of fat, and then cook it slowly in a small amount of simmering liquid until it is tender. Foods may be braised in the oven or on top of the range.
- **Wrap Cooking:** Foods may be wrapped with a variety of coverings, including edible and inedible wraps. Lettuce and cabbage leaves are examples of flavorful and edible wraps. Cornhusks, foil, and parchment paper provide an effortless way to steam food in an inedible wrap.

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**Skill Sheet 6*****Cooking with Moist Heat*** (continued)**Ideas to Try**

- Form small groups and write a one-day menu that includes as many moist-heat methods as possible. Remember, the cooking method should suit the food, enhancing its appeal and nutritional value.
- Decide the most appropriate way to cook the following foods: rice, carrots, pot roast, asparagus, pears, dry kidney beans, and eggs.
- Working in small groups or at home, experiment with preparing the same food using different moist-heat methods, for example, stewing and braising meat. Evaluate for taste, texture, and appearance.
- View a 30-minute cooking show on television and list the different moist-heat cooking methods used.
- Demonstrate the proper way to use tongs and a long-handled spoon to add foods, such as raw vegetables, to boiling water.

**Equipment for Moist-Heat Cooking**

Try the following pieces of equipment for cooking with moist heat:

- Steamer inserts for traditional sauce pans
- Bamboo steamer insert for a wok
- A special steamer pan
- Rice cooker with an insert for optional vapor cooking
- Fish poacher or heavy Dutch oven
- Electric steamers
- Pan insert for egg poaching

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*Cooking with Moist Heat (continued)*

## Parmesan Rice Pilaf

**Yield:** 4 servings

- 1 tsp. Canola or olive oil
- 1 Garlic clove, freshly minced
- 1 cup Long-grain rice
- 14.5-oz. can Low-fat, low-sodium chicken broth
- ¼ cup Water
- ½ cup Frozen green peas, thawed
- ¼ cup Grated Parmesan cheese
- ¼ tsp. Dried basil

1. Heat oil in a medium saucepan over medium-high heat.
2. Add garlic; sauté 20 to 30 seconds, or until garlic is lightly browned.
3. Add rice and cook 1 to 2 minutes, stirring constantly.
4. Add chicken broth and water; bring to a boil.
5. Cover, reduce heat to medium-low, and simmer for 20 minutes, or until all liquid is absorbed.
6. Remove from heat; fluff with a fork.
7. Stir in peas, cheese, and basil.
8. Serve immediately.

| <b>Nutrition Facts</b>   |                      |
|--------------------------|----------------------|
| Serving Size (175g)      |                      |
| Servings Per Container 4 |                      |
| Amount Per Serving       |                      |
| Calories 220             | Calories from Fat 30 |
| % Daily Value*           |                      |
| Total Fat 4g             | 5%                   |
| Saturated Fat 2g         | 8%                   |
| <i>Trans</i> Fat 0g      |                      |
| Cholesterol 5mg          | 2%                   |
| Sodium 170mg             | 7%                   |
| Total Carbohydrate 39g   | 13%                  |
| Dietary Fiber 1g         | 4%                   |
| Sugars 2g                |                      |
| Protein 8g               |                      |
| Vitamin A 4%             | Vitamin C 4%         |
| Calcium 8%               | Iron 10%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*(Continued on next page)*

**Skill Sheet 6**

***Cooking with Moist Heat*** (continued)

**Recipe Evaluation**

**Directions:** Evaluate the procedures and the recipe by answering the following questions. Place an X in the appropriate box to the right of each question.

Rating scale: 1 = poor; 2 = fair; 3 = average; 4 = above average; 5 = excellent

| <b>Parmesan Rice Pilaf</b>                | <b>Poor<br/>1</b> | <b>Fair<br/>2</b> | <b>Average<br/>3</b> | <b>Above<br/>Average<br/>4</b> | <b>Excellent<br/>5</b> |
|---|-------------------|-------------------|----------------------|--------------------------------|------------------------|
| Is the rice tender and cooked completely? |                   |                   |                      |                                |                        |
| Is the rice pilaf pleasantly seasoned?    |                   |                   |                      |                                |                        |

1. What problems, if any, did you encounter while making this recipe?

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2. What would you change, if anything, when preparing this recipe in the future? Why?

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## Cooking with Dry Heat

Certain cooking methods rely on dry heat, which means cooking food uncovered without added liquid. The food is cooked by being applied to the heat source, such as with grilling, broiling, pan-broiling, or by exposure to indirect heat in an oven.

Methods of dry-heat cooking include roasting, baking, and broiling. Dry-heat cooking methods for meat and poultry offer health benefits, because they allow fat to drain away.

### Roasting and Baking

Both baking and roasting mean cooking food uncovered in the oven. Many foods can be baked, including breads, fruits, vegetables, cakes, cookies, pies, casseroles, and fish. The term roasting is used primarily to refer to large pieces of meat or poultry. Foods that are roasted or baked in the oven have a crisp brown crust and are tender and flavorful inside.

Preheating the oven is extremely important for making baked goods such as cakes, pies, cookies, and breads. To preheat the oven, turn the oven on about 10 minutes before using it so that it will be at the desired temperature when the food is placed inside. Often the oven will “beep” to signal when it reaches the preheated temperature.

When baking, the placement and spacing of the pans are very important to allow the hot air in the oven to circulate freely. When pans touch one another or the oven wall, hot spots develop. Hot spots are areas of concentrated heat in the oven, hotter than the preset temperature. When baking several pans of food at one time, try to place the pans diagonally opposite one another to facilitate better airflow.

Whole poultry and large, tender cuts of meat can be roasted on a rack in a shallow open pan. The rack allows fat to drip into the pan during cooking. Set the oven temperature to at least 325°F. Insert a meat thermometer deep into the center of the roast or the thigh of the bird, not touching the bone. Cook meat to at least 160°F and whole poultry to 180°F.

Eggs can also be cooked in dry heat. Remove them from the shell and bake them in individual dishes. Baked eggs need to be timed according to a recipe. They will toughen if overcooked.

Foods cooked by dry heat go through a browning process, called the Maillard reaction. As food browns, complex chemical changes alter the flavor, texture, and color of the food. Foods need to be cooked to a temperature greater than 300°F for this browning reaction to take place.

### Broiling

To broil means to cook food directly under or over a glowing heat source. For example, the heat source might be the broiler unit of an oven. The food is placed on a broiler pan, which has slots that allow fat to drain away during cooking. Avoid covering the broiler grid with foil, because this may prevent the dripping from falling through the holes and a grease fire can result. Grilling food on an outdoor grill is another method of broiling, except that the heat source is below the food.

Broiling is often used for tender meats, such as steaks, hamburgers, and poultry, as well as for some fruits and vegetables. Partially cooked foods or already-cooked foods may be broiled for a short time to brown them. Broiling also works well for melting cheese toppings.

*(Continued on next page)*

**Skill Sheet 7*****Cooking with Dry Heat*** (continued)

In most ranges, set the oven control to “broil.” You cannot control the broiling temperature. Therefore, it is necessary to vary the cooking time and the distance of the pan from the heat source, depending on what you are broiling.

When broiling, it is best to first pat the meat and poultry dry, because moisture can prevent the food from browning and crisping. Since salt draws moisture out of the food, it is best not to salt foods before broiling. Lightly brushing fish, fruits, and vegetables with oil or melted butter or margarine will help keep the foods from charring. To prevent foods from sticking, start with a cold broiler pan; spraying the cold pan with vegetable oil makes cleanup easier. When removing the cooked food from the pan, use tongs instead of a fork, because the fork will pierce the food, allowing the juices to drain away.

The broiler is very hot, so never put your hands in the broiler compartment to turn or remove food. Instead, use potholders or oven mitts to remove the pan from the broiler. Place the broiler pan on a heatproof surface or wire rack before checking the food.

**Pan-Broiling**

This is a range-top method of dry-heat cooking in which the food is placed in a pan on the stove. Tender cuts of steak, hamburgers, and some cuts of pork may be pan-broiled. Foods cook quickly with this method, although a minimal amount of fat is retained.

To pan-broil, place the food in a heavy skillet over medium heat, without adding any additional fat. Remove fat from the pan as the food cooks by pouring it off or using a baster.

**Cooking Small Pieces of Meat, Fish, and Poultry**

Smaller pieces, such as chops, hamburgers, poultry pieces, and fish, can be baked in the oven or broiled on a broiler pan. Follow these tips:

- Check steaks, chops, hamburgers, and poultry pieces for doneness by cutting into the center. Juices should run clear, and the meat should not show any pink color. Always use a meat thermometer to confirm that meat is cooked to the proper temperatures.
- Fish cooks quickly. It’s done when you can easily separate the flesh with a fork. If overcooked, fish will dry out and toughen.

**Ideas to Try**

- Prepare two hamburgers using two dry-heat methods; for example, broiling and grilling. Evaluate for taste, texture, and appearance.
- View a 30-minute cooking show on television and list the different dry-heat methods used.
- Find a recipe in a cookbook or on the Internet that uses dry-heat cooking methods. Compile a list of cookware and bakeware that would be used with this recipe.
- Working in small groups, select an assortment of favorite foods that can be cooked with dry heat. Describe the foods’ taste, texture, and appearance when it is done just right. Then contrast these characteristics with the same foods when they are undercooked or overcooked.

(Continued on next page)



*Cooking with Dry Heat (continued)*

## Freshly Baked Soft Pretzels

**Yield:** 12 pretzels

- Vegetable oil spray
- 1 pkg. Quick-rise active dry yeast
- 1 ½ cups Warm water\*
- 4 cups All-purpose flour
- 1 Tbsp. Sugar
- ¾ tsp. Salt
- 1 Egg, beaten
- Coarse salt (optional)

1. Preheat oven to 425°F.
2. Lightly spray a baking sheet with vegetable oil.
3. Dissolve yeast in warm water in a large mixing bowl.
4. Add flour, sugar, and salt; mix until dough is formed. Add a small amount of flour if dough is too sticky; add a small amount of water if dough is too crumbly or dry.
5. Divide dough into 12 equal pieces.
6. Roll each piece into a rope; roll and twist the rope pieces into desired shapes, such as pretzels, alphabet letters, etc.
7. Place pretzels on prepared baking sheet.
8. Brush with beaten egg. Sprinkle with coarse salt.
9. Bake for 12 to 15 minutes, or until golden brown.

\* If the water is too hot, it will kill the yeast. You can use a thermometer to test the water temperature; it should not be higher than 115°F or lower than 85°F.

| <b>Nutrition Facts</b>    |                      |
|---------------------------|----------------------|
| Serving Size (77g)        |                      |
| Servings Per Container 12 |                      |
| Amount Per Serving        |                      |
| Calories 160              | Calories from Fat 10 |
| % Daily Value*            |                      |
| Total Fat 1g              | 2%                   |
| Saturated Fat 0g          | 0%                   |
| <i>Trans</i> Fat 0g       |                      |
| Cholesterol 20mg          | 7%                   |
| Sodium 150mg              | 6%                   |
| Total Carbohydrate 33g    | 11%                  |
| Dietary Fiber 1g          | 4%                   |
| Sugars 2g                 |                      |
| Protein 5g                |                      |
| Vitamin A 0%              | Vitamin C 0%         |
| Calcium 0%                | Iron 10%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*(Continued on next page)*

**Skill Sheet 7**

***Cooking with Dry Heat*** (continued)

**Recipe Evaluation**

**Directions:** Evaluate the procedures and the recipe by answering the following questions. Place an X in the appropriate box to the right of each question.

Rating scale: 1 = poor; 2 = fair; 3 = average; 4 = above average; 5 = excellent

| Freshly Baked Pretzels   | Poor<br>1 | Fair<br>2 | Average<br>3 | Above Average<br>4 | Excellent<br>5 |
|--|-----------|-----------|--------------|--------------------|----------------|
| Are individual pretzels uniformly shaped to allow for even baking? |           |           |              |                    |                |
| Are pretzels evenly browned?                                       |           |           |              |                    |                |
| Is pretzel dough cooked through?                                   |           |           |              |                    |                |
| Are pretzels tender, not tough?                                    |           |           |              |                    |                |

1. What problems, if any, did you encounter while making this recipe?

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2. What would you change, if anything, when preparing this recipe in the future? Why?

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## Cooking with Minimal Fat

A healthful eating plan may help reduce your risk for cancer and heart disease. Current recommendations suggest reducing fat in the diet to 30 percent or less of the total calories consumed. One way to help achieve this is by decreasing the amount of fat used in food preparation.

The first step in preparing low-fat foods is to increase your awareness of the various fat sources in different foods and recipes, both at home and away from home. Examples of high-fat foods include fried foods, regular salad dressings, oil, margarine, and high-fat dairy products such as regular sour cream, cheese, cream cheese, and butter.

Keep in mind that all fats are not created equal. Polyunsaturated and monounsaturated fats, such as olive and canola oils, have heart-healthy benefits, when consumed in moderate amounts. Saturated fats and *trans* fats (created when vegetable oil is hydrogenated or partially hydrogenated), such as butter, lard, and certain margarines that are not free of trans fats, should be avoided as much as possible.

Once you are aware of the different fat sources in the diet, the next step is to reduce or eliminate them. Making ingredient substitutions often helps accomplish this.

### For Your Information

Another way to reduce the amount of fat in your diet is to control the portion size. This is not always an easy task, as “jumbo” and “supersize” fast food, buffet-style restaurants, and “all-you-can-eat” menus are often the norm. Develop awareness of suggested portion sizes for different foods. For example:

- Fist = 1 cup (one serving of raw vegetables)
- Thumb = 1 ounce (a piece of low-fat cheese)

- Handful = 1 ounce snack food (1 serving nuts or ½ serving of pretzels)
- Thumb tip = spread serving (mayonnaise, butter, or margarine)
- Deck of cards = 3 ounces (one serving of cooked meat)

Low-fat food preparation methods include baking, braising, grilling, and broiling, microwaving, poaching, roasting, steaming, and stir-frying.

A few subtle modifications can make a recipe more healthful without drastically affecting the taste. This can be accomplished in any of the following ways:

- Change the ingredients.
- Modify the way the food is prepared.
- Reduce portion size.
- Keep unchanged, but serve less often.

Having the right kitchen equipment available can also help reduce the fat used in foods preparation. Nonstick pots and pans are essential for cooking with minimal or no fat. A roasting pan with a rack allows excess fat to drip from the food that is being cooked. Steamers are ideal for cooking vegetables. A fat separator assists in removing fat from meat drippings or broth. Vegetable oil spray is another essential to keep on hand; when it is sprayed in a pan, foods can be “sautéed” with little or no additional fat.

When you’re preparing your favorite recipes, use the following healthful tips to help decrease the fat.

- Before cooking meat and chicken, strip away all visible fat.
- After browning ground beef or ground pork, place it in a strainer or colander and rinse under hot water; continue with the recipe.

(Continued on next page)

**Skill Sheet 8***Cooking with Minimal Fat (continued)*

- Marinate less tender cuts of meat to add flavor and increase tenderness.
- When cooking chicken, first remove the skin and all visible fat. Grasping the chicken skin with a paper towel makes this easy to do. When roasting a whole chicken, it is acceptable to leave the skin on to add moistness and flavor; remove the skin before eating the chicken.
- Decrease the amount of meat used in recipes by adding more vegetables to “stretch” them.
- When preparing scrambled eggs, instead of 2 whole eggs, use 1 whole egg and 2 egg whites. Two egg whites can be substituted for 1 whole egg in many recipes as well.
- The fat used in recipes can often be reduced by as much as a third. Experiment with this.
- Unsweetened applesauce can be substituted for the oil in baked products,  $\frac{1}{2}$  cup applesauce per  $\frac{1}{2}$  cup oil.

Following are examples of how you can reduce the amount of fat in a recipe and in your diet by making simple ingredient substitutions. With experimentation and creativity, almost any recipe can be adapted to fit into a healthful eating plan.

- **Regular sour cream:** Substitute low-fat or nonfat yogurt (may need to add 1 teaspoon cornstarch when using in cooked recipes), or light or fat-free sour cream.
- **Half-and-half:** Substitute evaporated skim milk.
- **Cream cheese:** Substitute light cream cheese or part-skimmed ricotta cheese.
- **Regular ricotta cheese:** Substitute low-fat or fat-free ricotta cheese.
- **Mayonnaise:** Substitute low-fat or fat-free mayonnaise, depending on the recipe. Fat-free mayonnaise does not work well in cooked recipes.

- **Evaporated milk:** Substitute evaporated skim milk.
- **Ice cream:** Substitute fat-free, low-fat, or light ice cream, nonfat or low-fat frozen yogurt, sorbet, or sherbet.

**Ideas to Try**

- Adapt the following high-fat meals into more healthful lower-fat meals:

Fried chicken (2 legs and 2 thighs)

2 Rolls with butter

Broccoli with hollandaise sauce

French fried potatoes

Hot fudge sundae

Whole milk

2 Scrambled eggs with cheese

2 Biscuits with butter and jelly

4 Strips bacon

1 cup Fried potatoes

2 Glazed doughnuts

Whole milk

- Fry potatoes in a nonstick pan with no oil, 2 tablespoons oil, and  $\frac{1}{2}$  cup oil; blot the potatoes on paper towels and observe the differences in amount of fat on the paper towels.
- Find a favorite high-fat recipe that you enjoy; identify ways to reduce the amount of fat. Prepare the recipe both ways and compare.
- Surf the Internet for low-fat recipes in a variety of categories such as breakfast, snack, main dishes, and desserts. Determine what modifications, if any, were made to create the low-fat recipes.

*(Continued on next page)*

*Cooking with Minimal Fat (continued)*

# Chicken Piccata

**Yield:** 4 servings

- 4 Boneless, skinless chicken breast halves (about 4 oz. each)
- ¼ cup All-purpose flour
- ½ tsp. Garlic powder
- ¼ tsp. Salt
- ⅛ tsp. Black or white pepper
- 1 Tbsp. Olive oil
- 2 tsp. All-purpose flour
- 2 Tbsp. Water
- 1 cup Low-fat or fat-free, reduced-sodium chicken broth
- 2 Tbsp. Fresh lemon juice

1. Place chicken between two pieces of waxed paper or plastic wrap.
2. Using a meat mallet or rolling pin, lightly flatten breasts to one-quarter inch thickness, being careful not to tear meat.
3. Combine one-quarter cup flour, garlic powder, salt, and pepper in a shallow dish or pie pan.
4. Coat both sides of chicken pieces with flour mixture; set aside.
5. Heat a large nonstick skillet over medium-high heat; add oil and swirl to coat bottom of pan.
6. Cook chicken breasts for 6 to 8 minutes, or until lightly browned and no longer pink in the center, turning once. Remove chicken from pan as needed to brown all pieces.
7. Transfer chicken to a plate; cover with aluminum foil to keep warm.
8. In a small cup or bowl, gradually stir two teaspoons flour into water; mix until smooth.
9. Add chicken broth, lemon juice, and flour/water mixture to the pan.
10. Bring sauce to a boil; cook for 1 minute, or until sauce is reduced slightly and thickened. Use a heat-resistant spoon to scrape up any browned pieces on bottom of pan.
11. Spoon sauce over chicken and serve.

| Nutrition Facts          |                      |
|--------------------------|----------------------|
| Serving Size (193g)      |                      |
| Servings Per Container 4 |                      |
| Amount Per Serving       |                      |
| Calories 200             | Calories from Fat 45 |
| % Daily Value*           |                      |
| Total Fat 5g             | 8%                   |
| Saturated Fat 1g         | 5%                   |
| <i>Trans Fat .06g</i>    |                      |
| Cholesterol 70mg         | 23%                  |
| Sodium 250mg             | 10%                  |
| Total Carbohydrate 8g    | 3%                   |
| Dietary Fiber 0g         | 0%                   |
| Sugars 1g                |                      |
| Protein 29g              |                      |
| Vitamin A 0%             | Vitamin C 8%         |
| Calcium 2%               | Iron 8%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*(Continued on next page)*

**Skill Sheet 8**

*Cooking with Minimal Fat (continued)*

**Recipe Evaluation**

**Directions:** Evaluate the procedures and recipe by answering the following questions. Place an X in the appropriate box to the right of each question.

Rating scale: 1 = poor; 2 = fair; 3 = average; 4 = above average; 5 = excellent

| <b>Chicken Piccata</b>                   | <b>Poor<br/>1</b> | <b>Fair<br/>2</b> | <b>Average<br/>3</b> | <b>Above<br/>Average<br/>4</b> | <b>Excellent<br/>5</b> |
|--|-------------------|-------------------|----------------------|--------------------------------|------------------------|
| Are chicken pieces evenly browned?       |                   |                   |                      |                                |                        |
| Is chicken no longer pink in the center? |                   |                   |                      |                                |                        |
| Is the sauce a good consistency?         |                   |                   |                      |                                |                        |
| Does chicken have a pleasing flavor?     |                   |                   |                      |                                |                        |

1. What problems, if any, did you encounter while making this recipe?

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2. What would you change, if anything, when preparing this recipe in the future? Why?

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# Microwave Skills

The microwave oven performs many cooking tasks faster and more easily than the conventional oven. It is also easier to clean and more economical to operate.

Most microwave ovens are best suited for cooking relatively small amounts of food, because the larger the amount of food, the more time it takes to cook. Large amounts of food are usually cooked in a conventional oven.

Microwave ovens are ideal for reheating cooked foods and thawing frozen foods. Heating frozen entrees, baking potatoes, melting chocolate, and making popcorn are just some of the conveniences of a microwave oven. To use a microwave oven to its best advantage, it is essential to understand how it works.

## For Your Information

Even though microwave ovens vary in size, features, and available power, they all work in similar ways:

A microwave is a type of energy wave (similar to a radio wave) that operates at a very high frequency. When you turn on a microwave oven, you activate a magnetron tube that converts electrical energy into microwaves.

- A *stirrer blade*, or fan, in the top of the oven distributes the waves throughout the oven. Some waves hit the food directly, and others bounce off the metal wall, floor, and ceiling of the oven and then enter the food. (Microwaves can pass through most material, but not metal.)
- When microwaves penetrate the food, they cause the molecules in the food to vibrate or rub against one another. This produces heat, which cooks the food.
- Microwave ovens cook foods without changing their appearance very much. This is usually an advantage. For example, broccoli and carrots retain their bright colors.

Since microwave cooking does not involve direct heat from a heating element, foods do not brown and crisp as they would by using other cooking methods. To remedy this, some microwave ovens offer a special browning element or halogen heating element. Combination microwave/convection ovens are also available.

The care and maintenance of a microwave oven is minimal. If spills occur in the interior, clean with mild detergent, warm water, and a soft cloth or sponge. Wipe frequently around the door seals of the oven door to remove any food particles. To reduce strong smells in the microwave oven, sprinkle baking soda on a damp sponge and wipe down the interior.

Many factors influence how food cooks and cooking times when using a microwave oven. Understanding these variables will help you use your microwave oven more effectively:

- **Food moisture, fat, and sugar content:** Foods high in water, fat, or sugar content attract microwave energy and cook faster, creating “hot spots.” That is why you may burn your tongue on the filling inside a breakfast roll cooked in a microwave even though the surrounding dough is not hot.
- **Food density:** The denser the food, the longer it takes to cook. Rolls and cakes cook faster than similarly sized meats or potatoes.
- **Food volume:** The more food you are cooking, the longer it takes to cook, because microwaves of the same intensity are cooking more food. If you double a microwave recipe, plan on doubling the cooking time. For this reason, cooking a large amount of food often takes just as long in a microwave oven as in a conventional oven.
- **Food shape:** Shape also determines how foods cook. Unevenly shaped food will cook unevenly; corners or thinner pieces may overcook before other areas are done.

(Continued on next page)

**Skill Sheet 9*****Microwave Skills*** (continued)

When you are cooking foods that are uneven in thickness, place the thin pieces toward the center of the dish and the thick pieces toward the outside. Placing uneven food in a spoke arrangement will allow them to cook more evenly.

Safety precautions must be used when cooking in a microwave oven:

- Never turn on an empty microwave oven; this can damage the oven.
- Always remove the cover of a sealed container by lifting the side farthest away from you so that the escaping steam doesn't burn you. The tighter and less porous the cover, the greater the buildup of steam.
- Avoid using dishes that are not microwave safe.
- Do not use an extension cord with a microwave oven. The oven should be grounded with a three-prong plug and should not be on the same electrical circuit as other appliances.
- Keep your microwave oven clean and in good working order. Splattered food left on the inside walls will increase cooking time, because it will absorb waves. Call an authorized repair person if the door does not seal tightly or if the oven makes any unusual sounds when turned on.

The following are helpful cooking tips for the microwave oven.

- Avoid using metal and Styrofoam® containers, twist bag ties, and ceramic containers with metallic paint or glazes. Metal containers may cause *arcing*, sparks that can damage the oven. If your cooking container gets hot before the food does, assume that the container is not microwave safe.
- Foods cooked in a microwave continue to cook after the oven is turned off. Allow for standing time.
- Foods that have a natural skin or are sealed in plastic should be pierced before they are placed in a microwave oven to prevent them from *bursting*. Puncture foods such as potatoes, egg yolks, hot dogs, vegetables in plastic pouches, and apples.

**Ideas to try**

- Bring a favorite conventional recipe from home and convert it for the microwave oven.
- Research and then compare the types and features of different microwave ovens.
- Discuss or demonstrate how a variety of foods should be arranged for proper cooking in the microwave oven.

(Continued on next page)



*Microwave Skills (continued)*

## Crunchy Caramel Apples

**Yield:** 5 Caramel Apples

- Vegetable oil spray
- 5 Large apples
- 5 Wooden ice cream sticks
- 14 oz. Caramel candies, unwrapped
- 2 Tbsp. Water
- ½ cup Graham cracker crumbs (chocolate or plain)
- ¼ cup Multicolored sprinkles

1. Cover a cookie sheet with waxed paper and lightly spray with vegetable oil.
2. Wash and dry apples.
3. Insert one wooden stick into stem end of each apple. Set aside.
4. Place caramel candies in a one-quart microwave-safe dish; add water.
5. Microwave caramels and water on 100 percent power for 2 to 3 minutes, or until caramel is melted and smooth, stirring after each minute.
6. Dip apples into hot caramel mixture; turn until coated.\*
7. Spoon remaining caramel mixture over apples to completely cover them.
8. Quickly roll bottom of each apple in graham cracker crumbs and decorate with multicolored sprinkles.
9. Place on prepared cookie sheet and let stand at room temperature for 10 to 15 minutes to allow caramel to set.

\* If caramel mixture hardens while coating apples, microwave on 100 percent an additional 25 to 30 seconds.

| <b>Nutrition Facts</b>   |                      |
|--------------------------|----------------------|
| Serving Size (309g)      |                      |
| Servings Per Container 5 |                      |
| Amount Per Serving       |                      |
| Calories 500             | Calories from Fat 70 |
| % Daily Value*           |                      |
| Total Fat 8g             | 12%                  |
| Saturated Fat 2g         | 10%                  |
| <i>Trans Fat</i> .34g    |                      |
| Cholesterol 5mg          | 2%                   |
| Sodium 260mg             | 11%                  |
| Total Carbohydrate 103g  | 34%                  |
| Dietary Fiber 6g         | 24%                  |
| Sugars 79g               |                      |
| Protein 5g               |                      |
| Vitamin A 2%             | Vitamin C 20%        |
| Calcium 15%              | Iron 4%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*(Continued on next page)*

**Skill Sheet 9**

***Microwave Skills*** (continued)

**Recipe Evaluation**

**Directions:** Evaluate the procedures and recipe by answering the following questions. Place an X in the appropriate box to the right of each question.

Rating scale: 1 = poor; 2 = fair; 3 = average; 4 = above average; 5 = excellent

| <b>Crunchy Caramel Apples</b>                                 | <b>Poor<br/>1</b> | <b>Fair<br/>2</b> | <b>Average<br/>3</b> | <b>Above<br/>Average<br/>4</b> | <b>Excellent<br/>5</b> |
|---|-------------------|-------------------|----------------------|--------------------------------|------------------------|
| After microwaving, was the caramel mixture melted and smooth? |                   |                   |                      |                                |                        |
| Do the crunchy caramel apples have an attractive appearance?  |                   |                   |                      |                                |                        |
| Do the caramel apples have a pleasing taste?                  |                   |                   |                      |                                |                        |

1. What problems, if any, did you encounter while making this recipe?

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2. What would you change, if anything, when preparing this recipe in the future? Why?

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## Quick and Easy Meals

**Directions:** Read the recipes and complete the *Foods Lab Team Planning Form* and the *Time and Work Schedule*. Prepare the selected recipes. At the conclusion of the lab, complete the *Meal Management Appraisal Form* and the *Foods Lab/Teamwork Evaluation Form*.

Planning is the key to a successful culinary experience for you and your guests. There is an old expression, “If you fail to plan, you plan to fail.” When you take the time to plan your meals, you can accomplish more. Management of time and equipment in the kitchen is vital to putting together a meal that everyone can enjoy.

### For Your Information

The management process involves four steps:

1. Planning: Creating your work plan.
2. Organizing: Organizing the tasks.
3. Implementing: Scheduling the tasks and working efficiently.
4. Evaluating: Reviewing your efforts.

### Planning

Your work plan is a list of all the tasks you will have to do to prepare each dish in the meal and an estimated time for each task. Begin by identifying your goals, establishing your priorities, assessing your resources, and then creating a task. To learn what the tasks are, read the recipes and package directions. Then estimate how much time each task will take. Allow just a little more time than you think you will need in order to handle possible problems. Always develop contingency plans that can help you overcome potential obstacles. For example, if you are planning to serve dinner outdoors, what will you do if it rains?

A work plan is valuable for revealing any “hidden” time needed to prepare a recipe. For example, banana bread tastes best when prepared with very ripe bananas. Ripe bananas are not always available at the supermarket; therefore, plan to purchase them in advance to allow time for ripening.

### Organizing

Organizing the tasks is the next step. Good organization is essential to making tasks go smoothly. Before you prepare the schedule, look over your work plan to see how you can make them simpler and more efficient. Part of this process involves deciding the sequence in which you will perform the tasks listed on the work plans. Think about ways to save time and effort by dovetailing tasks, grouping similar ones, and preparing part of the food ahead of time. For example, combine shopping for food and shopping for table decorations into one errand.

Check to see that all required equipment is in good working order. If other people will be working with you on the meal, work together and decide how to coordinate your efforts.

### Implementing

Once the planning and organizing are complete, it is time to carry out, or implement, your plan. Meal preparation will run more smoothly once you develop efficient work technique

Examples include:

- If you are working with another person, alternate tasks so you don’t get in each other’s way.
- Keep your work area cleared of clutter.
- Reread the directions for the recipes you are preparing. Make sure all the ingredients are close at hand.
- Locate the right utensils or appliances for each task.
- Be sure you don’t leave out any steps. Check off each task in your schedule as you finish it.

(Continued on next page)

**Meal Management Project 1**

*Quick and Easy Meals (continued)*

- Clean up as you work, so that there won't be so much to do afterward.
- Leave the kitchen clean and uncluttered, ready to be used to prepare the next recipes or meal.

As you work through your plan, track your progress. If you're experiencing problems or if something unexpected comes up, consider turning to an appropriate contingency plan. For example, if you're not completing tasks on schedule, you may need to ask for additional help or reexamine your priorities.

**Evaluating**

After you have finished your work, you must evaluate your plan and determine how well you carried it out. It doesn't matter how good your plan is if it isn't followed. Evaluating your food preparation success and determining areas for improvement will help you manage similar proj-

ects in the future. The following are questions to consider in evaluating your food preparation experiences.

1. Did you accomplish your goals? For example, were all dishes ready to serve at the correct time?
2. Assuming you met your goals, what enabled you to succeed? What could you have done to make things work even more smoothly? For example, would making one of the recipes in advance have simplified your work plan?
3. If some of the goals were not accomplished, what happened? Did you set goals that were too ambitious? Did you forget to include something or overlook a task? For example, did you plan too many complicated dishes to prepare at once?

You will be using the following recipes in the kitchen.

## Strawberry Salad

**Yield:** 6 servings

- 3 Tbsp. Rice vinegar
- 3 Tbsp. Water
- 1 ½ Tbsp. Honey
- 1 Tbsp. Olive oil
- ¼ tsp. Salt
- 2 cups Fresh strawberries, washed, stemmed, and quartered
- 4 cups Salad greens
- 2 Tbsp. Slivered almonds, toasted (optional)

1. In a small bowl, prepare salad dressing by combining vinegar, water, honey, oil, and salt; stir well with wire whisk.
2. Place strawberries, salad greens, and almonds in a large salad bowl.
3. Just prior to serving, add salad dressing and toss to coat.

| Nutrition Facts  |                      |
|--|----------------------|
| Serving Size (165g)  |                      |
| Servings Per Container 6   |                      |
| Amount Per Serving   |                      |
| Calories 90  | Calories from Fat 35 |
| % Daily Value*   |                      |
| Total Fat 4g   | 6%                   |
| Saturated Fat 0g   | 0%                   |
| <i>Trans</i> Fat .03g  |                      |
| Cholesterol 0mg  | 0%                   |
| Sodium 90mg  | 4%                   |
| Total Carbohydrate 14g   | 5%                   |
| Dietary Fiber 3g   | 12%                  |
| Sugars 10g   |                      |
| Protein 1g   |                      |
| Vitamin A 30%  | Vitamin C 90%        |
| Calcium 4%   | Iron 6%              |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |

(Continued on next page)

*Quick and Easy Meals (continued)*

## Broccoli Basil Lasagna Rolls

**Yield:** 4 servings

|                     |  |
|---------------------|--|
|                     | Vegetable oil spray                          |
| 8                   | Lasagna noodles                              |
| 8 oz.               | Fat-free ricotta cheese                      |
| $\frac{3}{4}$ cup   | Shredded low-fat mozzarella cheese           |
| $\frac{1}{2}$ cup   | Finely chopped broccoli                      |
| 1 tsp.              | Minced garlic                                |
| $\frac{1}{4}$ tsp.  | Dried basil leaves                           |
| 1                   | Egg  |
| $1\frac{1}{2}$ cups | Spaghetti sauce (low-sodium, prepared sauce) |
|                     | Grated Parmesan cheese (optional)            |

1. Preheat oven to 400°F.
2. Lightly spray a 9 × 9 × 2-inch baking pan with vegetable oil.
3. Cook and drain lasagna noodles as directed on package; rinse with cold water.
4. In a medium bowl, combine ricotta, mozzarella, broccoli, garlic, basil, and egg.
5. Pour one cup spaghetti sauce into pan; spread evenly to cover bottom of pan.
6. Place each lasagna noodle flat on a surface such as waxed paper or a clean cutting board.
7. Spoon approximately two tablespoons of cheese and broccoli mixture onto one end of lasagna noodle.
8. Loosely roll noodle and place in sauce-filled pan, seam side down. Rolled noodles may be placed side by side in two rows in pan.
9. Spoon remaining sauce over centers of rolled noodles.
10. Cover with foil and bake 25 to 30 minutes, or until cooked through.
11. Sprinkle with Parmesan cheese, if desired.

### Nutrition Facts

Serving Size (219g)  
Servings Per Container 4

Amount Per Serving

Calories 320    Calories from Fat 80

% Daily Value\*

Total Fat 9g    14%

Saturated Fat 3g    15%

Trans Fat 0g

Cholesterol 70mg    23%

Sodium 230mg    10%

Total Carbohydrate 42g    14%

Dietary Fiber 4g    16%

Sugars 3g

Protein 17g

Vitamin A 30%    Vitamin C 30%

Calcium 30%    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*(Continued on next page)*

**Meal Management Project 1**

*Quick and Easy Meals (continued)*

## Italian Breadsticks

**Yield:** 6 servings (2 breadsticks per serving)

- Vegetable oil spray
- ½ cup Grated Parmesan cheese
- ½ tsp. Garlic powder
- ½ tsp. Italian seasoning
- 1 can Refrigerated breadsticks dough
- 2 Tbsp. Butter or margarine, melted

1. Preheat oven to 350°F.
2. Lightly spray a baking sheet with vegetable oil.
3. In a small bowl, combine cheese, garlic powder, and Italian seasoning.
4. Separate dough into 12 strips; dip in melted butter.
5. Coat dough strips with cheese mixture.
6. Twist each breadstick several times; place one inch apart on prepared baking sheet.
7. Bake for 15 to 18 minutes, or until golden brown.
8. Serve hot.

| Nutrition Facts   |                      |
|---|----------------------|
| Serving Size (90g)  |                      |
| Servings Per Container 6 (2 per)  |                      |
| Amount Per Serving  |                      |
| Calories 290  | Calories from Fat 90 |
| % Daily Value*  |                      |
| Total Fat 10g   | 15%                  |
| Saturated Fat 2g  | 10%                  |
| <i>Trans</i> Fat 0g   |                      |
| Cholesterol 5mg   | 2%                   |
| Sodium 750mg  | 31%                  |
| Total Carbohydrate 39g  | 13%                  |
| Dietary Fiber 1g  | 4%                   |
| Sugars 4g   |                      |
| Protein 9g  |                      |
| Vitamin A 4%  | Vitamin C 0%         |
| Calcium 10%   | Iron 15%             |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                      |

## Layered Custard with Berries

**Yield:** 4 servings

- 1 pkg. (3.4 oz.) Instant vanilla pudding and pie filling
- 1 cup Milk
- 1 ¼ cups Low-fat sour cream
- 1 cup Low-fat vanilla yogurt
- 2 cups Fresh strawberries, raspberries, blueberries, or blackberries, washed and hulled.

1. Place pudding in a medium bowl.
2. Gradually add milk, stirring with wire whisk until mixture is smooth and begins to thicken.
3. Add sour cream and yogurt; whisk until smooth.
4. Cover; refrigerate at least 2 hours or overnight.
5. Alternate layers of pudding mixture with fresh fruit in attractive clear dessert cups or glasses.
6. Serve chilled.

| Nutrition Facts   |                      |
|---|----------------------|
| Serving Size (290g)   |                      |
| Servings Per Container 4  |                      |
| Amount Per Serving  |                      |
| Calories 260  | Calories from Fat 20 |
| % Daily Value*  |                      |
| Total Fat 2g  | 3%                   |
| Saturated Fat 1g  | 5%                   |
| <i>Trans</i> Fat .02g   |                      |
| Cholesterol 10mg  | 3%                   |
| Sodium 490mg  | 20%                  |
| Total Carbohydrate 55g  | 18%                  |
| Dietary Fiber 4g  | 16%                  |
| Sugars 36g  |                      |
| Protein 9g  |                      |
| Vitamin A 15%   | Vitamin C 25%        |
| Calcium 30%   | Iron 2%              |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                      |

*(Continued on next page)*

## *A Delicious Vegetarian Meal*

**Directions:** Read the recipes and complete the *Foods Lab Team Planning Form* and the *Time and Work Schedule*. Prepare the selected recipes. At the conclusion of the lab, complete the *Meal Management Appraisal Form* and the *Foods Lab/Teamwork Evaluation Form*.

A healthful vegetarian diet can be enjoyed by people of all ages. Those who choose to follow a vegetarian diet should take special care in choosing foods wisely. A healthful vegetarian diet includes a variety of fruits, vegetables, whole grains, leafy greens, nuts, seeds, and legumes.

Many teens are choosing to avoid meat, poultry, or fish and are leaning toward a vegetarian diet. It is important to keep in mind that these teens have the same nutritional requirements as nonvegetarian teens. Nutritional needs are especially high during the teen years, because the body is growing and changing. Obtaining adequate protein from the diet is typically not a problem as long as teen vegetarians consume enough calories to support growth and strive to make nutritious choices.

### For Your Information

There are three main types of vegetarian diets:

- 1. Lacto-ovo vegetarians:** Exclude meat, poultry, and seafood, but include eggs and dairy products. The majority of people following a vegetarian diet are lacto-ovo vegetarians.
- 2. Lacto-vegetarians:** Exclude meat, poultry, seafood, and eggs, but include dairy products.
- 3. Vegans or strict vegetarians:** Exclude meat, poultry, seafood, eggs, dairy products, and other foods containing animal products, such as honey, butter, and lard.

Vegetarians should take special care to get

enough protein, calcium, iron, and vitamin B<sub>12</sub>. *Protein* is found in animal and plant foods, such as grains (including soy), legumes, nuts, and seeds. Protein provides amino acids, which are needed to build, repair, and maintain body tissue. Cow's milk and cheese are good protein sources; beans, breads, cereals, peanut butter, nuts, tofu, and soy milk are also good. Eat a variety of plant foods throughout the day to obtain enough protein.

*Calcium* is vital for building strong bones and forming bone density during the teen years. Try to include at least four servings of calcium-rich foods each day. Dairy products contain calcium. Other good sources include tofu processed with calcium sulfate, green leafy vegetables (including collard greens and broccoli), and calcium-fortified beverages such as soy milk and orange juice.

*Iron* requirements for teens are high. Iron is found in animal products and a variety of plant foods, including legumes, dried fruits, and fortified breads, cereals, and grains. Iron from plant foods is best absorbed when eating foods containing vitamin C, such as strawberries, broccoli, orange juice, and tomatoes, as part of the meal.

*Vitamin B<sub>12</sub>* is found naturally only in animal foods and seafood; therefore, vegetarians who exclude animal foods need to add vitamin B<sub>12</sub> to their diets. Look for fortified foods such as breakfast cereals and soy milk that may contain vitamin B<sub>12</sub>.

(Continued on next page)

**Meal Management Project 2**

*A Delicious Vegetarian Meal (continued)*

## Vegetarian Quesadillas

**Yield:** 4 servings

- ½ cup Canned diced tomatoes with green chilies, drained
- ½ cup Canned black beans, rinsed and drained
- ¼ cup Canned corn, drained
- 2 tsp. Chopped fresh cilantro
- ¾ cup Fat-free vegetarian refried beans
- 1 cup Shredded reduced-fat Cheddar cheese
- 8 6-in. flour tortillas
- Shredded lettuce, low-fat sour cream, salsa, and guacamole (optional)

1. In small bowl mix together tomatoes, black beans, corn, and cilantro.
2. Divide refried beans among four tortillas; spread evenly.
3. Spoon tomato mixture over refried beans and sprinkle with cheese, dividing equally.
4. Cover with remaining four tortillas to create quesadillas.
5. Heat a large nonstick skillet over medium heat until hot.
6. Cook one quesadilla at a time for 1 to 2 minutes per side, or until tortilla is toasted and cheese melts.
7. Cut each quesadilla into quarters.
8. Serve with lettuce, sour cream, salsa, and guacamole, if desired.

NOTE: Quesadillas may be served as appetizers or entrées.

## Strawberry Banana Shake

**Yield:** 4 servings

- 1 pkg. (10.5 to 12 oz.) Soft tofu, processed with calcium sulfate
- 1 pkg. (10 oz.) Frozen sweetened strawberries or raspberries, partially thawed
- ¾ cup Orange juice, calcium fortified preferred
- 1 Large banana

1. In a blender, combine tofu, strawberries, orange juice, and banana.
2. Cover securely and blend until thick and smooth.
3. Pour into four glasses and serve immediately.

| Nutrition Facts   |                      |
|---|----------------------|
| Serving Size (219g)   |                      |
| Servings Per Container 4  |                      |
| Amount Per Serving  |                      |
| Calories 340  | Calories from Fat 60 |
| % Daily Value*  |                      |
| Total Fat 7g  | 11%                  |
| Saturated Fat 3g  | 13%                  |
| <i>Trans Fat</i> .68g   |                      |
| Cholesterol 5mg   | 2%                   |
| Sodium 880mg  | 37%                  |
| Total Carbohydrate 51g  | 17%                  |
| Dietary Fiber 6g  | 24%                  |
| Sugars 3g   |                      |
| Protein 17g   |                      |
| Vitamin A 2%  | Vitamin C 8%         |
| Calcium 25%   | Iron 20%             |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                      |

| Nutrition Facts   |                      |
|---|----------------------|
| Serving Size (226g)   |                      |
| Servings Per Container 4  |                      |
| Amount Per Serving  |                      |
| Calories 150  | Calories from Fat 25 |
| % Daily Value*  |                      |
| Total Fat 3g  | 5%                   |
| Saturated Fat 0g  | 0%                   |
| <i>Trans Fat</i> 0g   |                      |
| Cholesterol 0mg   | 0%                   |
| Sodium 10mg   | 0%                   |
| Total Carbohydrate 29g  | 10%                  |
| Dietary Fiber 2g  | 8%                   |
| Sugars 22g  |                      |
| Protein 6g  |                      |
| Vitamin A 0%  | Vitamin C 80%        |
| Calcium 15%   | Iron 6%              |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                      |

(Continued on next page)



*A Delicious Vegetarian Meal (continued)*

## Pasta Fagiolo

**Yield:** 6 servings

|                      |   |
|----------------------|---|
| 1 Tbsp.              | Olive oil                                       |
| ½                    | Medium onion, chopped                           |
| 1 tsp.               | Bottled minced garlic                           |
| 2 cans (14 oz. each) | Reduced-sodium vegetable broth                  |
| 1 can (15 oz.)       | Diced tomatoes, with liquid                     |
| 1 can (15 oz.)       | Cannellini or white beans, drained and rinsed   |
| ½ cup                | Ditalini or other small pasta, such as macaroni |
| ½ lb.                | Spinach or Swiss chard, coarsely chopped        |
| ¼ tsp.               | Salt  |
| ⅓ cup                | Grated Parmesan cheese                          |

1. Heat a large Dutch oven over medium-high heat; add olive oil and swirl to coat bottom of pan.
2. Add onion and garlic; cook for 3 to 4 minutes, or until onion is soft, stirring often.
3. Add broth, tomatoes, beans, and pasta. Cook for 15 to 20 minutes, or until pasta is cooked, stirring occasionally.
4. Add spinach and salt. Cook for 2 to 3 minutes, or until spinach is wilted, stirring occasionally.
5. Spoon into individual bowls and sprinkle with Parmesan.
6. Serve immediately.

### Nutrition Facts

Serving Size (338g)  
Servings Per Container 6

| Amount Per Serving     |                      |
|------------------------|----------------------|
| Calories 170           | Calories from Fat 40 |
| % Daily Value*         |                      |
| Total Fat 5g           | 7%                   |
| Saturated Fat 1g       | 5%                   |
| <i>Trans</i> Fat .02g  |                      |
| Cholesterol 5mg        | 2%                   |
| Sodium 800mg           | 33%                  |
| Total Carbohydrate 25g | 8%                   |
| Dietary Fiber 5g       | 20%                  |
| Sugars 5g              |                      |
| Protein 8g             |                      |
| Vitamin A 60%          | Vitamin C 35%        |
| Calcium 15%            | Iron 15%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*(Continued on next page)*

**Meal Management Project 2**

*A Delicious Vegetarian Meal (continued)*

# Surprise Cookie Bars

**Yield:** 12 to 16 servings

- Vegetable oil spray
- 1 pkg. (16 oz.) Refrigerated chocolate chip “slice and bake” cookie dough, divided
- 5¼ oz. Firm silken tofu, processed with calcium sulfate
- 1 Egg
- ⅓ cup Granulated sugar
- ¼ tsp. Vanilla

1. Preheat the oven to 350°F.
2. Lightly spray bottom of an 8 × 8-inch baking pan with vegetable oil.
3. Spread one-half package of cookie dough onto bottom of prepared baking pan, evenly covering pan.
4. Combine tofu, egg, sugar, and vanilla in a food processor with a metal blade; process for 5 to 10 seconds, or until smooth.
5. Evenly spread tofu mixture over cookie dough in baking pan.
6. Drop remaining cookie dough by spoonfuls over tofu mixture.
7. Bake for 25 to 30 minutes, or until cookie bars are golden brown and center is set.
8. Cool on wire rack.
9. Cut into 12 to 16 bars and serve.

## Nutrition Facts

Serving Size (45g)  
Servings Per Container 12 to 16

| Amount Per Serving     |                      |
|------------------------|----------------------|
| Calories 150           | Calories from Fat 60 |
|                        | % Daily Value*       |
| Total Fat 6g           | 9%                   |
| Saturated Fat 2g       | 10%                  |
| <i>Trans</i> Fat 0g    |                      |
| Cholesterol 20mg       | 7%                   |
| Sodium 65mg            | 3%                   |
| Total Carbohydrate 22g | 7%                   |
| Dietary Fiber 0g       | 0%                   |
| Sugars 16g             |                      |
| Protein 2g             |                      |

Vitamin A 0%      Vitamin C 0%  
Calcium 2%      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*(Continued on next page)*

## Let's Do Brunch!

**Directions:** Read the recipes and complete the *Foods Lab Team Planning Form* and the *Time and Work Schedule*. Prepare the selected recipes. At the conclusion of the lab, complete the *Meal Management Appraisal Form* and the *Foods Lab/Teamwork Evaluation Form*.

“Brunch” is a word blend formed by joining two words, breakfast and lunch, and is a North American innovation that combines your favorite foods from both meals. Many restaurants and hotels feature special brunch menus and buffets, especially on weekends.

Brunch is usually served in the late morning or early afternoon and is ideal for any size group or occasion. Brunch can be simple or elaborate and is a perfect opportunity to experiment with some of your more imaginative recipes and menus. A brunch buffet works well for parties, weddings, and other celebrations.

### For Your Information

Planning is the key to a successful brunch. Since brunch combines lunch and breakfast foods, almost any type of recipe will work. Include a variety of foods from all of the food groups. Menus can always be enhanced by adding fresh fruits, vegetables, and breads. With the right menu, many of the recipes can be partially prepared or even completed in advance, allowing you to spend more time with your guests. Consider the following ideas when planning a brunch gathering.

- **Your budget:** How much money do you have

to spend?

- **Theme:** What is your theme—such as a birthday, Italian, or garden?
- **Service:** Do you plan to make this a buffet, seated brunch, or family-style meal?
- **Location:** Where do you want to hold the brunch? Is the location large enough for the number of invited guests?
- **Guests:** How many do you think will be able to attend?
- **Food:** What type of food do you want to serve? What foods can be prepared or purchased in advance?
- **Entertainment:** Will you provide music or other entertainment?
- **Logistics:** How many tables and chairs will you need? Do you have enough or will you need to borrow some?

(Continued on next page)

**Meal Management Project 3**

*Let's Do Brunch! (continued)*

## Fruit Smoothie

**Yield:** 4 servings

- 1 cup Orange juice
- 1 cup Frozen strawberries or mangoes (do not thaw)
- ½ Banana
- 1 cup Low-fat vanilla yogurt
- 1 Tbsp. Powdered sugar

1. Place orange juice, strawberries, banana, yogurt, and sugar in a blender container.
2. Cover securely and blend until thick and smooth.
3. Pour into four glasses and serve immediately.

### Nutrition Facts

|   |                             |
|---|-----------------------------|
| Serving Size (179g)   |                             |
| Servings Per Container 4  |                             |
| <b>Amount Per Serving</b>   |                             |
| <b>Calories 120</b>   | <b>Calories from Fat 10</b> |
| % Daily Value*  |                             |
| Total Fat 1g  | 2%                          |
| Saturated Fat 1g  | 3%                          |
| <i>Trans</i> Fat .02g   |                             |
| Cholesterol 5mg   | 2%                          |
| Sodium 40mg   | 2%                          |
| Total Carbohydrate 24g  | 8%                          |
| Dietary Fiber 1g  | 4%                          |
| Sugars 22g  |                             |
| Protein 4g  |                             |
| Vitamin A 4%  | Vitamin C 80%               |
| Calcium 10%   | Iron 2%                     |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                             |

## Cheesy Vegetable Frittata

**Yield:** 6 servings

- 1 Tbsp. Vegetable oil
- 2 cups Chopped fresh vegetables, such as broccoli, mushrooms, and green or red bell peppers
- 2 cups Frozen hash brown potatoes, thawed
- ½ cup Sliced green onion
- 6 Eggs
- 2 Tbsp. Low-fat milk
- 2 tsp. Dijon-style mustard
- 1 cup Shredded Cheddar cheese\*

1. Swirl oil in a medium nonstick skillet; heat over medium heat.
2. Add vegetables, hash brown potatoes, and onion; cook 5 minutes, stirring occasionally.
3. Meanwhile, in medium bowl, beat eggs with milk and mustard.
4. Pour egg mixture over vegetable mixture.
5. Cook 10 minutes, or until set.
6. Sprinkle with cheese; cover the skillet and let stand for 5 minutes, or until cheese is melted.

\*Mozzarella, Colby Jack, or Swiss cheese may be substituted for Cheddar cheese.

### Nutrition Facts

|   |                             |
|---|-----------------------------|
| Serving Size (206g)   |                             |
| Servings Per Container 6  |                             |
| <b>Amount Per Serving</b>   |                             |
| <b>Calories 220</b>   | <b>Calories from Fat 80</b> |
| % Daily Value*  |                             |
| Total Fat 9g  | 14%                         |
| Saturated Fat 3g  | 15%                         |
| <i>Trans</i> Fat 0g   |                             |
| Cholesterol 215mg   | 72%                         |
| Sodium 310mg  | 13%                         |
| Total Carbohydrate 19g  | 6%                          |
| Dietary Fiber 3g  | 12%                         |
| Sugars 3g   |                             |
| Protein 14g   |                             |
| Vitamin A 25%   | Vitamin C 15%               |
| Calcium 15%   | Iron 10%                    |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                             |

*(Continued on next page)*

*Let's Do Brunch!* (continued)

## Stuffed French Toast

**Yield:** 4 servings

- 8 slices Whole grain bread or French bread
- 4 oz. Low-fat cream cheese, softened
- ½ cup Strawberry jam
- 5 Eggs, beaten
- ¼ cup Low-fat milk
- ½ tsp. Almond extract
- 1 Tbsp. Butter or margarine
- 4 tsp. Sifted powdered sugar
- Maple syrup (optional)

1. Spread cream cheese on one side of four slices of bread.
2. Spread strawberry jam on one side of remaining four slices of bread.
3. Form sandwiches by pressing cream cheese-covered bread slices together with jam-covered bread slices.
4. In a medium bowl, whisk together eggs, milk, and almond extract.
5. Melt butter in a large skillet over medium-high heat.
6. Dip sandwiches in the egg mixture to coat both sides.
7. Place in skillet and cook for approximately 2 minutes on each side, or until golden brown.
8. Sprinkle with powdered sugar.
9. Serve with maple syrup, if desired.

### Nutrition Facts

|   |                              |
|---|------------------------------|
| Serving Size (204g)   |                              |
| Servings Per Container 4  |                              |
| <b>Amount Per Serving</b>   |                              |
| <b>Calories 390</b>   | <b>Calories from Fat 100</b> |
| % Daily Value*  |                              |
| <b>Total Fat 11g</b>  | <b>17%</b>                   |
| Saturated Fat 5g  | 23%                          |
| Trans Fat .39g  |                              |
| <b>Cholesterol 275mg</b>  | <b>92%</b>                   |
| <b>Sodium 490mg</b>   | <b>20%</b>                   |
| <b>Total Carbohydrate 56g</b>   | <b>19%</b>                   |
| Dietary Fiber 3g  | 12%                          |
| Sugars 31g  |                              |
| <b>Protein 18g</b>  |                              |
| Vitamin A 15%   | Vitamin C 0%                 |
| Calcium 15%   | Iron 15%                     |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                              |

(Continued on next page)

**Meal Management Project 3**

*Let's Do Brunch! (continued)*

## Cinnamon Streusel Crumb Cake

**Yield:** 6 to 8 servings

- Vegetable oil spray
- 1 ¼ cups All-purpose flour
- ⅔ cup Light brown sugar
- 1 tsp. Ground cinnamon
- ⅛ tsp. Salt
- ¼ cup Butter or margarine, cut into small pieces
- ¼ cup Chopped nuts
- ½ tsp. Baking powder
- ½ tsp. Baking soda
- ½ cup Low-fat buttermilk
- ¾ tsp. Vanilla extract
- 1 Egg

| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Serving Size (82g)            |                      |
| Servings Per Container 6 to 8 |                      |
| Amount Per Serving            |                      |
| Calories 260                  | Calories from Fat 90 |
| % Daily Value*                |                      |
| Total Fat 10g                 | 15%                  |
| Saturated Fat 5g              | 23%                  |
| <i>Trans</i> Fat 0g           |                      |
| Cholesterol 50mg              | 17%                  |
| Sodium 200mg                  | 8%                   |
| Total Carbohydrate 39g        | 13%                  |
| Dietary Fiber 1g              | 4%                   |
| Sugars 22g                    |                      |
| Protein 5g                    |                      |
| Vitamin A 6%                  | Vitamin C 0%         |
| Calcium 8%                    | Iron 10%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

1. Preheat oven to 350°F.
2. Lightly spray an 8-inch round cake pan with vegetable oil.
3. In a large bowl, combine flour, brown sugar, cinnamon, and salt.
4. Cut in butter with a pastry blender or two knives until mixture resembles small crumbs.
5. Remove one-half cup of flour mixture and place in a small bowl.
6. Stir nuts into one-half cup flour mixture; set aside for streusel topping.
7. Add baking powder and baking soda to remaining flour mixture; mix until evenly distributed.
8. Add buttermilk, vanilla, and egg. Beat with an electric mixer on medium speed for 2 to 4 minutes, or until blended.
9. Spoon batter into prepared cake pan.
10. Sprinkle reserved streusel topping over batter.
11. Bake for 25 to 30 minutes, or until cake springs back when touched lightly in center.
12. Remove from oven and serve.

*(Continued on next page)*

## A Stir-Fry Feast

**Directions:** Read the recipes and complete the *Foods Lab Team Planning Form* and the *Time and Work Schedule*. Prepare the selected recipes. At the conclusion of the lab, complete the *Meal Management Appraisal Form* and the *Foods Lab/Teamwork Evaluation Form*.

Stir-frying is a healthful cooking technique that involves cooking foods quickly in a small amount of oil over high heat. Ingredients are tossed and turned with a spatula until they are cooked. It is especially popular for cooking vegetables, which remain crisp and colorful. Stir-frying provides a quick and easy way to enjoy optimum nutritional value from fresh vegetables and other foods.

Stir-fried vegetables should not be overcooked; they should remain slightly crisp when pierced with a knife or fork. A wok with slanted sides is often used for stir-frying, although a large skillet will also work.

### For Your Information

Unleash your culinary imagination when you are stir-frying. Almost anything can be added to a stir-fry recipe. Following are some helpful hints for successful stir-frying.

- Gather all of the ingredients you will need before you begin. Rinse vegetables in cool water prior to cooking, allowing time for them to dry.
- Meats and poultry work best when they are marinated. The marinade tenderizes the meat and poultry and allows for better absorption of sauces and spices.
- Consider the freshness and color of vegetables. Contrasting colors make the finished recipe more appealing. Stir-fry vegetables according to recommended cooking times. Denser vegetables such as carrots and broccoli will require a longer cooking time.
- When ingredients are cut to a similar size and shape, they will cook more evenly without getting overcooked. Cut all ingredients into recommended sizes and shapes before you begin stir-frying.
- Avoid stir-frying too large a quantity of ingredients at one time. If necessary, stir-fry in batches.
- When a recipe calls for meat and vegetables, cook the meat first and set it aside. Then begin cooking the vegetables; return the meat to the pan when the vegetables are almost cooked. This prevents the meat from becoming overcooked and allows the meat and vegetables to maintain their flavors.
- The skillet or wok should be sizzling hot before adding the food to be cooked. Since stir-frying is done so quickly, high heat is necessary.
- Toss the ingredients with a spatula every few seconds while stir-frying. However, it is preferable to allow meat to brown on each side before turning it in the skillet.
- Once the recipe is finished, adjust seasonings to taste. Serve immediately.

(Continued on next page)

**Meal Management Project 4**

*A Stir-Fry Feast (continued)*

# Vegetable Almond Stir-Fry

**Yield:** 5 servings

- 1 tsp. Cornstarch
- 1 tsp. Sugar
- 3 Tbsp. Cold water
- 2 Tbsp. Soy sauce
- 1 tsp. Sesame oil
- 1 Tbsp. Vegetable oil
- 4 cups Fresh broccoli florets, cut into bite-size pieces
- 1 Large red, yellow, or green bell pepper, cut into 1-in. chunks
- ¼ cup Sliced green onions (green and white parts)
- 1 can (8 oz.) Water chestnuts, sliced
- 1 tsp. Minced bottled garlic
- 1 tsp. Peeled and grated fresh gingerroot
- ½ cup Slivered almonds, toasted

| Nutrition Facts  |                      |
|--|----------------------|
| Serving Size (168g)  |                      |
| Servings Per Container 5   |                      |
| <hr/>  |                      |
| Amount Per Serving   |                      |
| Calories 130   | Calories from Fat 70 |
| <hr/>  |                      |
| % Daily Value*   |                      |
| Total Fat 8g   | 12%                  |
| Saturated Fat 1g   | 5%                   |
| <i>Trans</i> Fat 0g  |                      |
| Cholesterol 0mg  | 0%                   |
| Sodium 240mg   | 10%                  |
| Total Carbohydrate 15g   | 5%                   |
| Dietary Fiber 6g   | 24%                  |
| Sugars 4g  |                      |
| Protein 4g   |                      |
| <hr/>  |                      |
| Vitamin A 70%  | Vitamin C 190%       |
| Calcium 6%   | Iron 8%              |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |

1. In a small bowl, combine cornstarch and sugar.
2. Gradually add water, soy sauce, and sesame oil and stir until dissolved; set aside.
3. Heat a large nonstick skillet or wok over medium-high heat.
4. Add the vegetable oil and swirl to coat the bottom of the pan.
5. Add the broccoli and stir-fry 2 to 3 minutes, or until broccoli is crisp-tender, stirring frequently.
6. Add the bell pepper, green onions, water chestnuts, garlic, and ginger; stir-fry for 2 minutes.
7. Stir the cornstarch mixture; pour into skillet.
8. Add almonds and cook for 1 to 2 minutes, or until the sauce thickens; stir frequently.
9. Serve immediately.

**Additional Serving Suggestions**

- Substitute Vidalia onion or other sweet onion for green onions.
- Add fresh pineapple chunks for a sweet flavor.
- Heat up your dish with some sliced jalapeño.
- Substitute toasted pecans or your other favorite nut instead of the almonds.

*(Continued on next page)*



*A Stir-Fry Feast (continued)*

## Chicken and Broccoli Stir-Fry

**Yield:** 4 servings

- 1/3 cup Low-sodium soy sauce
- 1/4 cup Cold water
- 2 Tbsp. Light brown sugar
- 1 tsp. Cornstarch
- 1 tsp. Ground ginger
- 1/2 tsp. Garlic powder
- 1 lb. Chicken, cut into bite-size pieces
- 1–2 Tbsp. Vegetable oil
- 2–3 cups Broccoli florets, cut into bite-size pieces
- 1/2 cup Diced onion
- 2 cups Cooked white rice

1. In a large bowl, combine soy sauce, water, sugar, cornstarch, ginger, and garlic powder; stir until all ingredients are dissolved.
2. Add chicken pieces to soy sauce mixture and marinate, covered, in the refrigerator for 1 hour or overnight.
3. Drain chicken, reserving marinade.
4. Heat a large nonstick skillet or wok over medium-high heat.
5. Add vegetable oil and swirl to coat bottom of pan.
6. Add chicken, in small amounts, to prevent overcrowding.
7. Stir-fry over high heat for 4 to 5 minutes, or until brown.
8. Remove chicken from skillet and set aside.
9. Add broccoli and onion to hot skillet and stir-fry for 3 to 4 minutes, or until broccoli is crisp-tender, stirring frequently.
10. Stir in reserved chicken and marinade; cook for 3 minutes, stirring occasionally or until sauce thickens.
11. Serve over white rice.

### Nutrition Facts

|   |                             |
|---|-----------------------------|
| Serving Size (298g)   |                             |
| Servings Per Container 4  |                             |
| <b>Amount Per Serving</b>   |                             |
| <b>Calories 320</b>   | <b>Calories from Fat 45</b> |
| % Daily Value*  |                             |
| Total Fat 5g  | 8%                          |
| Saturated Fat 1g  | 5%                          |
| <i>Trans</i> Fat .03g   |                             |
| Cholesterol 65mg  | 22%                         |
| Sodium 610mg  | 25%                         |
| Total Carbohydrate 35g  | 12%                         |
| Dietary Fiber 2g  | 8%                          |
| Sugars 9g   |                             |
| Protein 31g   |                             |
| Vitamin A 20%   | Vitamin C 60%               |
| Calcium 6%  | Iron 15%                    |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                             |

#### Additional Serving Suggestions

- Substitute brown rice for white rice for a nutty flavor.
- Substitute your favorite dark green or dark orange vegetable.
- Substitute turkey breast for the chicken breast.

(Continued on next page)

**Meal Management Project 4**

*A Stir-Fry Feast (continued)*

# Italian Beef Stir-Fry

**Yield:** 4 servings

- 1 lb. Beef round tip steaks, 1/8 to 1/4 in. thick
- 1 Tbsp. Vegetable oil
- 2 Garlic cloves, crushed
- 1/4 tsp. Ground black pepper
- 1 Medium zucchini, thinly sliced
- 1 1/2 cups Cherry or grape tomato halves
- 1/3 cup Fat-free bottled Italian salad dressing
- 3 cups Hot cooked pasta
- 2 Tbsp. Grated Parmesan cheese

1. Cut beefsteaks into bite-size pieces.
2. Heat a large nonstick skillet or wok over medium-high heat.
3. Add vegetable oil and swirl to coat bottom of pan.
4. Add garlic and cook over medium-high heat for 1 minute.
5. Add steak pieces, in small amounts, to prevent overcrowding. Stir-fry for 1 to 2 minutes, or until browned.
6. Sprinkle with pepper.
7. Remove steak from skillet and set aside.
8. Add zucchini to hot skillet; stir-fry 2 to 3 minutes, or until crisp-tender.
9. Return steak to skillet; stir in tomato halves and dressing; heat through.
10. Serve over pasta; sprinkle with cheese.

## Nutrition Facts

|  |                      |
|--|----------------------|
| Serving Size (368g)  |                      |
| Servings Per Container 4   |                      |
| <hr/>  |                      |
| Amount Per Serving   |                      |
| Calories 350   | Calories from Fat 90 |
| <hr/>  |                      |
|  | % Daily Value*       |
| Total Fat 10g  | 15%                  |
| Saturated Fat 3g   | 15%                  |
| <i>Trans</i> Fat 0g  |                      |
| Cholesterol 90mg   | 30%                  |
| Sodium 400mg   | 17%                  |
| Total Carbohydrate 37g   | 12%                  |
| Dietary Fiber 3g   | 12%                  |
| <hr/>  |                      |
| Sugars 3g  |                      |
| <hr/>  |                      |
| Protein 32g  |                      |
| <hr/>  |                      |
| Vitamin A 10%  | Vitamin C 25%        |
| Calcium 8%   | Iron 25%             |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |

### Additional Serving Suggestions

- Instead of serving over pasta, serve over cooked white or brown rice.
- Substitute multicolored bell peppers for zucchini.
- Heat up your dish with some sliced jalapeño.
- Substitute thinly sliced grilled pork loin for beef.

*(Continued on next page)*

## Economical Meals

**Directions:** Read the recipes and complete the *Foods Lab Team Planning Form* and the *Time and Work Schedule*. Prepare the selected recipes. At the conclusion of the lab, complete the *Meal Management Appraisal Form* and the *Foods Lab/Teamwork Evaluation Form*.

What is the secret to preparing delicious low-cost meals? It's planning ahead! Well-planned meals can save time and money. By incorporating a variety of foods, economical meals can be the basis for a healthful diet. Be sure to include whole-grain breads and cereals, fruits, vegetables, low-fat dairy products, and lean meats in your menu planning.

### For Your Information

Creating a shopping list prior to food shopping helps you know what you have on hand and what you may need to purchase. A list also helps you avoid making expensive impulse purchases. Following are hints to help you save time and money both at the supermarket and at home.

- Once you begin shopping, stick to your shopping list!
- Clip and use coupons for foods you plan to buy. Remember, coupons save you money only if you need the product. Always check that the coupon saves more money than purchasing other brands without a coupon.
- Do not overbuy foods just because they are on sale or cost less in bulk unless you are planning on using them before they spoil.
- Take advantage of weekly supermarket specials at the stores where you shop.
- In your meal planning, plan for "leftovers" to save time and money. For example, you can

prepare a recipe that makes 8 servings and freeze the leftovers for another time.

- Most supermarkets provide unit prices on shelf stickers. Comparing the unit price of similar foods will help you determine which brand and size is the best buy.
- Incorporate low-cost protein foods into your diet such as dry and canned beans. They are a good source of protein and fiber and are lower in fat than animal protein sources.
- Plan snacks that are nutritious and economical. Limit soft drinks, unhealthful desserts, and salty snacks.
- Compare the cost of convenience foods with the same foods made from scratch to determine which is more cost-effective.
- Always check for the "sell by" and the "best if used by" dates on food packages to help you choose the freshest foods with the longest shelf life.
- Always take the time to compare fresh, frozen, and canned foods to see which is most economical.
- Buy fresh fruits when they are "in season," because they generally cost less than when they are not.
- Beware of foods placed at the end of the supermarket aisle or in a special display. They may not be bargains.

(Continued on next page)

**Meal Management Project 5**

*Economical Meals (continued)*

## Festive Black Bean Dip

**Yield:** 4 servings, ½ cup each

- Vegetable oil spray
- 1 can (15 oz.) Black beans, rinsed and drained
- 1 pkg. (8 oz.) Low-fat cream cheese, softened
- 2 Tbsp. Chopped fresh cilantro
- ½ tsp. Chili powder
- ¼ tsp. Ground cumin
- ¼ tsp. Dried oregano leaves
- ¼ tsp. Hot pepper sauce
- 1 Garlic clove, minced
- Fresh vegetables or tortilla chips for dipping

1. Preheat oven to 375°F.
2. Lightly spray a 9-inch pie pan with vegetable oil; set aside.
3. Combine all ingredients in food processor with metal blade, and process for 15 to 20 seconds, or until well blended.
4. Spread mixture into prepared pie pan.
5. Bake for 15 minutes, or until hot.
6. Serve with fresh vegetables or tortilla chips.

| Nutrition Facts   |                       |
|---|-----------------------|
| Serving Size (165g)   |                       |
| Servings Per Container 4  |                       |
| Amount Per Serving  |                       |
| Calories 220  | Calories from Fat 100 |
| % Daily Value*  |                       |
| Total Fat 11g   | 17%                   |
| Saturated Fat 6g  | 30%                   |
| <i>Trans</i> Fat .28g   |                       |
| Cholesterol 30mg  | 10%                   |
| Sodium 510mg  | 21%                   |
| Total Carbohydrate 18g  | 6%                    |
| Dietary Fiber 6g  | 24%                   |
| Sugars 4g   |                       |
| Protein 12g   |                       |
| Vitamin A 10%   | Vitamin C 2%          |
| Calcium 10%   | Iron 20%              |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                       |

## Vegetable Medley Salad

**Yield:** 6 to 8 servings

- | Salad           |                                     | Dressing |               |
|-----------------|-------------------------------------|----------|---------------|
| 1 can (15 oz.)  | Corn, drained                       | ¼ cup    | Vegetable oil |
| 1 can (15 oz.)  | Green beans, drained                | ¾ cup    | Cider vinegar |
| 1 can (15 oz.)  | Peas, drained                       | ½ cup    | Sugar         |
| 1 cup           | Chopped sweet onion                 |          |               |
| 1 cup           | Chopped celery                      |          |               |
| ½ cup           | Chopped green pepper                |          |               |
| 1 can (4.5 oz.) | Sliced or button mushrooms, drained |          |               |

1. In a large bowl, combine corn, green beans, peas, onion, celery, green pepper, and mushrooms; set aside.
2. In a small bowl, combine oil, vinegar, and sugar, and stir until sugar is dissolved.
3. Add dressing mixture to vegetables, stirring until well coated.
4. Cover and refrigerate at least 24 hours before serving.

| Nutrition Facts   |                      |
|---|----------------------|
| Serving Size (299g)   |                      |
| Servings Per Container 6 to 8   |                      |
| Amount Per Serving  |                      |
| Calories 230  | Calories from Fat 70 |
| % Daily Value*  |                      |
| Total Fat 9g  | 14%                  |
| Saturated Fat 1g  | 5%                   |
| <i>Trans</i> Fat 0g   |                      |
| Cholesterol 0mg   | 0%                   |
| Sodium 650mg  | 27%                  |
| Total Carbohydrate 35g  | 12%                  |
| Dietary Fiber 4g  | 16%                  |
| Sugars 23g  |                      |
| Protein 4g  |                      |
| Vitamin A 8%  | Vitamin C 30%        |
| Calcium 4%  | Iron 10%             |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                      |

*(Continued on next page)*

*Economical Meals (continued)*

## Classic Sloppy Joes

**Yield:** 4 servings

- 1 lb. Ground beef\*
- 1 can (28 oz.) Low-sodium tomato sauce
- 2 Tbsp. Brown sugar
- ½ tsp. Garlic powder
- ½ tsp. Onion powder
- ½ tsp. Salt
- 4 Hamburger buns, split

1. In a large nonstick skillet, cook ground beef over medium-high heat, breaking it into small pieces with a spoon.
2. Cook for 3 to 4 minutes, or until it browns, stirring frequently.
3. Drain off fat.
4. Stir in tomato sauce, sugar, garlic powder, onion powder, and salt. Bring mixture to a boil.
5. Reduce heat to low and simmer 8 to 10 minutes, stirring occasionally.
6. Spoon meat mixture onto buns and serve.

\*Regular ground beef is less expensive than lean and extralean ground beef, but it contains more fat. To remove excess fat from ground beef, transfer it to a colander and rinse under hot water; drain well. Continue with recipe.

### Nutrition Facts

|   |                             |
|---|-----------------------------|
| Serving Size (362g)   |                             |
| Servings Per Container 4  |                             |
| <b>Amount Per Serving</b>   |                             |
| <b>Calories 400</b>   | <b>Calories from Fat 90</b> |
| % Daily Value*  |                             |
| Total Fat 10g   | 15%                         |
| Saturated Fat 4g  | 20%                         |
| <i>Trans</i> Fat 1.18g  |                             |
| Cholesterol 85mg  | 28%                         |
| Sodium 340mg  | 14%                         |
| Total Carbohydrate 43g  | 14%                         |
| Dietary Fiber 4g  | 16%                         |
| Sugars 10g  |                             |
| Protein 36g   |                             |
| Vitamin A 40%   | Vitamin C 45%               |
| Calcium 10%   | Iron 35%                    |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                             |

#### Additional Serving Suggestions

- Heat up your *Classic Sloppy Joes* with some sliced jalapeño.
- Top with sliced dill pickles or sweet pickles.
- Serve with sliced Cheddar cheese.
- Substitute whole grain buns for traditional hamburger buns.

(Continued on next page)

**Meal Management Project 5**

*Economical Meals (continued)*

## Southwestern Chicken Salad

**Yield:** 4 servings

- 1 Tbsp. Vegetable oil
- 1 lb. Boneless, skinless chicken thighs, cut into bite-size pieces
- ½ cup Chopped onions
- 1 Tbsp. Chili powder
- 2 tsp. Dried oregano
- ½ tsp. Ground cumin
- 1 can (15 oz.) Chickpeas (garbanzo beans), rinsed and drained
- 1 cup Canned light red kidney beans, rinsed and drained
- 1 Medium tomato, diced
- 2 cups Chopped lettuce
- ½ cup Reduced-fat Cheddar cheese
- Low-fat sour cream and salsa (optional)

### Nutrition Facts

|  |                       |
|--|-----------------------|
| Serving Size (395g)  |                       |
| Servings Per Container 4   |                       |
| <hr/>  |                       |
| Amount Per Serving   |                       |
| Calories 370   | Calories from Fat 100 |
| <hr/>  |                       |
|  | % Daily Value*        |
| Total Fat 11g  | 17%                   |
| Saturated Fat 2g   | 10%                   |
| <i>Trans</i> Fat .12g  |                       |
| Cholesterol 95mg   | 32%                   |
| Sodium 430mg   | 18%                   |
| Total Carbohydrate 31g   | 10%                   |
| Dietary Fiber 8g   | 32%                   |
| Sugars 4g  |                       |
| <hr/>  |                       |
| Protein 36g  |                       |
| <hr/>  |                       |
| Vitamin A 25%  | Vitamin C 25%         |
| Calcium 15%  | Iron 25%              |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                       |

1. Pour vegetable oil into a large skillet and swirl to coat bottom of pan.
2. Add chicken and onion; cook over medium-high heat for 4 to 5 minutes, or until chicken is no longer pink.
3. Add chili powder, oregano, and cumin; cook for 1 minute.
4. Add chickpeas, kidney beans, and tomato. Mix gently to combine.
5. In a large bowl, combine the lettuce and cheese.
6. Spoon chicken mixture over salad.
7. Top with low-fat sour cream and salsa, if desired.

#### Additional Serving Suggestions

- Substitute a variety of mixed chopped greens for the lettuce.
- Use hot pepper cheese instead of the reduced-fat Cheddar.
- Exchange sliced turkey for the chicken, if desired.

*(Continued on next page)*

# One Pot—Slow Cooker Meals

**Directions:** Read the recipes and complete the *Foods Lab Team Planning Form* and the *Time and Work Schedule*. Prepare the selected recipes. At the conclusion of the lab, complete the *Meal Management Appraisal Form* and the *Foods Lab/Teamwork Evaluation Form*.

Preparing a recipe in a slow cooker eases the task of meal preparation. Although the use of a slow cooker requires an extended cooking time, it is convenient and actually saves time. The food can cook in one pot, making preparation and cleanup easy.

Slow cooking is ideal for busy days. You can cook meals in a slow cooker while you are away all day. It allows time for the ingredients in the recipe to cook together, creating a mellow blend of flavors. Best of all, the ingredients can be put together in advance and refrigerated.

You might be more familiar with the term “crockpot” than “slow cooker.” The term “crockpot” is actually a trademarked name of the appliance manufacturer Rival. Therefore, the generic term “slow cooker” is the correct terminology when referring to this type of appliance.

## For Your Information

A slow cooker is easy to learn to use. Most have removable stoneware inserts. Following are recommendations for the proper care of your slow cooker.

- Handle the slow cooker insert with care, as it is heavy and can easily chip.
- Stoneware is sensitive to sudden changes in temperature. Therefore, when cleaning the hot stoneware insert, do not use cold water; this can cause the insert to crack or break.

Similarly, avoid setting the hot stoneware insert on a cold surface; always place it on a hot pad or towel. Also, never add a cold stoneware insert to a heated base. If you prepare your recipe and refrigerate it in the stoneware liner, place the liner in the base before turning on the appliance.

- For easier cleanup, spray the stoneware insert with vegetable oil prior to adding ingredients and cooking.
- Avoid the use of abrasive cleaners or steel-wool pads on the stoneware. Instead, clean with mild detergent and plastic brushes or pads.

Family and friends will be impressed with the success of the meals you prepare in a slow cooker. Learning the basics of cooking with a slow cooker will simplify the process. Slow cookers generally have a HIGH and a LOW setting and some also have a KEEP WARM setting. Programmable slow cookers allow you to cook the recipe on HIGH or LOW for a specified amount of time, and then it automatically switches to WARM. LOW is recommended for slow “all day” cooking. One hour on HIGH equals 2 to 2½ hours on LOW. Keep in mind that cooking times are guidelines and the power setting can vary from brand to brand. Approximate cooking times to consider when converting conventional recipes to a slow cooker are listed below.

| Conventional Recipe Cooking Times | Slow Cooker Recipe Cooking Times       |
|-----------------------------------|--|
| 15 to 30 minutes                  | 4 to 6 hours LOW or 1½ to 2 hours HIGH |
| 35 to 45 minutes                  | 6 to 10 hours LOW or 3 to 4 hours HIGH |
| 50 minutes to 3 hours             | 8 to 18 hours LOW or 4 to 6 hours HIGH |

(Continued on next page)

**Meal Management Project 6**

*One Pot—Slow Cooker Meals (continued)*

Additional slow-cooking suggestions follow.

- Most slow cookers feature heating coils that wrap around the sides of the cooker, rather than below. Always fill the slow cooker at least half full to conform to recommended cooking times.
- Always cook with the cover on to hold in the moisture and the temperature. Avoid removing the cover during cooking, because this results in heat loss and may extend the cooking time.
- To adapt a favorite recipe to the slow cooker, decrease the amount of liquid, because liquids don't boil away as in conventional cooking. You'll actually have more liquid at the end of the cooking time than at the beginning.
- Milk, cream, and sour cream tend to break down during the slow-cooking process. When possible, add these ingredients during the last

half hour of cooking. Condensed soups may be substituted for milk products, because they can cook for extended times.

- Vegetables tend to cook slower than meat in the slow cooker. Cut vegetables into bite-size pieces to ensure doneness.
- Some recipes require cooking a portion of the recipe prior to adding it to the slow cooker. For example, ground beef is often cooked in advance to remove excess fat.
- Remember to turn off the slow cooker when cooking is completed.
- Never refrigerate leftovers in the stoneware insert, because it takes too long for the food to safely cool. Instead, refrigerate leftovers in shallow pans to make certain proper cooling occurs.

## Potato Vegetable Medley

**Yield:** 6 servings

- Vegetable oil spray
- 3 cups Thinly sliced carrots
- 3 cups Peeled and diced raw potatoes
- ½ cup Chopped onion
- 2 tsp. Butter or margarine, cut into small pieces
- 1 ¾ cups Vegetable, chicken, or beef broth
- ½ tsp. Dried dill (optional)
- ½ tsp. Garlic powder

1. Lightly spray a slow cooker with vegetable oil.
2. Combine carrots, potatoes, onion, and butter in slow cooker.
3. Add broth, dill, and garlic powder.
4. Cover and cook on HIGH for 4 to 6 hours. Mix well before serving.

| Nutrition Facts          |                      |
|--------------------------|----------------------|
| Serving Size (218g)      |                      |
| Servings Per Container 6 |                      |
| Amount Per Serving       |                      |
| Calories 120             | Calories from Fat 15 |
| % Daily Value*           |                      |
| Total Fat 2g             | 2%                   |
| Saturated Fat 1g         | 5%                   |
| <i>Trans</i> Fat 0g      |                      |
| Cholesterol 5mg          | 2%                   |
| Sodium 160mg             | 7%                   |
| Total Carbohydrate 24g   | 8%                   |
| Dietary Fiber 4g         | 16%                  |
| Sugars 6g                |                      |
| Protein 2g               |                      |
| Vitamin A 320%           | Vitamin C 20%        |
| Calcium 4%               | Iron 4%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

(Continued on next page)



*One Pot—Slow Cooker Meals (continued)*

## Italian Chicken Stew

**Yield:** 4 to 6 servings

- Vegetable oil spray
- 4 Boneless, skinless chicken breast halves, cut into 1½-in. pieces
- 1 can (15 oz.) Cannellini beans, drained and rinsed
- 1 can (15 oz.) Kidney beans, drained and rinsed
- 1 can (14.5 oz.) Diced tomatoes, with liquid
- 1 cup Sliced carrots
- 1 cup Chopped celery
- 2 Small cloves garlic, coarsely chopped
- ½ cup Reduced-sodium chicken broth
- 3 Tbsp. Tomato paste
- 1 Tbsp. Sugar
- 1½ tsp. Dried Italian seasoning

1. Lightly spray a slow cooker with vegetable oil.
2. Combine chicken, cannellini beans, kidney beans, tomatoes, carrots, celery, and garlic in slow cooker; mix well.
3. In a medium bowl, combine broth, tomato paste, sugar, and Italian seasoning.
4. Pour broth mixture over chicken and vegetables in slow cooker; mix well.
5. Cover and cook on LOW for 8 to 10 hours or on HIGH for 5 to 6 hours, or until vegetables are tender.

### Nutrition Facts

|  |                      |
|--|----------------------|
| Serving Size (428g)  |                      |
| Servings Per Container 4 to 6  |                      |
| <hr/>  |                      |
| Amount Per Serving   |                      |
| Calories 290   | Calories from Fat 15 |
| <hr/>  |                      |
|  | % Daily Value*       |
| Total Fat 2g   | 3%                   |
| Saturated Fat 0g   | 0%                   |
| <hr/>  |                      |
| Trans Fat .02g   |                      |
| Cholesterol 55mg   | 18%                  |
| Sodium 530mg   | 22%                  |
| Total Carbohydrate 35g   | 12%                  |
| Dietary Fiber 11g  | 44%                  |
| <hr/>  |                      |
| Sugars 7g  |                      |
| <hr/>  |                      |
| Protein 32g  |                      |
| <hr/>  |                      |
| Vitamin A 130%   | Vitamin C 35%        |
| Calcium 15%  | Iron 20%             |
| <hr/>  |                      |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |

(Continued on next page)

**Meal Management Project 6**

*One Pot—Slow Cooker Meals (continued)*

# Apple Oatmeal Delight

**Yield:** 6 servings

- Vegetable oil spray
- 1 cup Water
- $\frac{2}{3}$  cup Quick or old-fashioned oatmeal
- $\frac{1}{3}$  cup Granulated sugar
- $\frac{1}{4}$  cup Raisins, dried cranberries, or dried cherries
- 2 Tbsp. All-purpose flour
- $\frac{1}{2}$  tsp. Ground cinnamon
- 4–5 cups Apples, sliced with peel
- $\frac{1}{3}$  cup Light brown sugar
- 1 Tbsp. Butter or margarine, melted
- Vanilla ice cream or frozen yogurt (optional)

| Nutrition Facts          |                      |
|--------------------------|----------------------|
| Serving Size (263g)      |                      |
| Servings Per Container 6 |                      |
| Amount Per Serving       |                      |
| Calories 340             | Calories from Fat 40 |
| % Daily Value*           |                      |
| Total Fat 5g             | 7%                   |
| Saturated Fat 2g         | 10%                  |
| <i>Trans</i> Fat 0g      |                      |
| Cholesterol 10mg         | 3%                   |
| Sodium 10mg              | 0%                   |
| Total Carbohydrate 76g   | 25%                  |
| Dietary Fiber 6g         | 24%                  |
| Sugars 57g               |                      |
| Protein 3g               |                      |
| Vitamin A 4%             | Vitamin C 15%        |
| Calcium 4%               | Iron 10%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

1. Lightly spray a slow cooker with vegetable oil.
2. Pour water into the cooker.
3. In a large bowl, combine the oatmeal, granulated sugar, raisins, flour, and cinnamon.
4. Add apples and stir to coat; place apple mixture in slow cooker.
5. Sprinkle brown sugar over apple mixture.
6. Drizzle butter over brown sugar.
7. Cover and cook on LOW for 4 to 6 hours, or until apples are tender.
8. Serve warm.

**Additional Serving Suggestions**

- Serve with vanilla, ginger, or cinnamon ice cream or frozen yogurt.
- Add whipped topping and a sprinkle of your favorite toasted nuts.
- Serve with a slice of sharp Cheddar cheese.
- Add chopped nuts, such as walnuts or pecans, to recipe.

*(Continued on next page)*

## Pizza Pizzazz

**Directions:** Read the recipes and complete the *Foods Lab Team Planning Form* and the *Time and Work Schedule*. Prepare the selected recipes. At the conclusion of the lab, complete the *Meal Management Appraisal Form* and the *Foods Lab/Teamwork Evaluation Form*.

Americans have a love for pizza. Today's pizza toppings include everything from fresh mozzarella and goat cheese to pine nuts and shrimp. It is hard to believe that the origin of this favorite food actually dates back to prehistoric times when dough was cooked outdoors on hot flat stones. Early "pizza" resembled what we now call "focaccia." The peasants of Naples, Italy, were the first to add tomatoes to the focaccia bread rounds, resembling what we call "pizza" today. Gennaro Lombardi opened the first pizzeria in North America in New York City in 1905. United States servicemen returning from Italy after World War II opened pizzerias featuring their favorite Italian dish and the pizza craze caught on!

### For Your Information

Pizza comes in many forms—boxed mix, refrigerated, frozen, homemade, or delivered to your door. Creating your own pizza from scratch is fun and easy and the tantalizing aroma of bread dough will fill your kitchen. When you're in a hurry, you'll get excellent results by starting with refrigerated pizza crusts, bread dough, or prebaked Italian bread shells.

Many people consider pizza to be "junk food," but it is actually high in nutrition, because it contains foods from a number of the food groups. Pizza is a good source of the nutrients we need to stay healthy, including:

- **Proteins in the cheese and meat:** necessary for building and maintaining body tissue.

- **Carbohydrates in the crust and in fruit and vegetable toppings:** necessary for energy and assisting body functions.
- **Vitamins and minerals from the meat, cheese, fruits, and vegetables:** important for regulation and control of body functions, such as growth and repair of tissues.

The main drawback with pizza is that it can be high in fat, sodium, and calories. Portion control is essential. Other ideas for creating a more healthful pizza include the following:

- Use low-fat products whenever possible, such as low-fat cheese.
- Use fruit and vegetable toppings and go light on the meat toppings. For meat toppings, consider lean meats, such as ham or Canadian bacon, in place of sausage.
- Enhance flavor by using a variety of herbs and spices in place of salt.
- Choose thin-crust pizzas over deep-dish pizzas for less fat and fewer calories and avoid oil-saturated or cheese-stuffed crust.
- For variety, try a cold pizza made with low-fat or fat-free salad dressing, fresh vegetables, and Parmesan cheese.
- For a healthful dessert alternative, spread the pizza crust with cottage cheese, yogurt, low-fat or fat-free ricotta cheese, and top with all-fruit preserves and fresh fruit.

(Continued on next page)

**Meal Management Project 7**

*Pizza Pizzazz (continued)*

# Basic Pizza Dough

**Yield:** Two 12-inch pizzas or 4 individual pizzas

- 1 tsp. Granulated sugar
- 1 cup Warm water
- 1 pkg. (1 oz.) Active dry yeast\*
- 1 Tbsp. Vegetable or olive oil
- 3 cups All-purpose flour
- 1 tsp. Salt
- Vegetable oil or vegetable oil spray

1. In a small container, mix sugar with water.
2. Add yeast to sugar mixture and stir to dissolve.
3. Pour yeast mixture into a large mixing bowl; add oil.
4. In a large bowl, mix flour and salt.
5. Add one cup flour to yeast mixture; mix with a mixing spoon.
6. Slowly add more flour; mix.
7. Keep adding flour until dough is stiff enough to form a ball. Do not add too much flour; save some for kneading dough.
8. Turn the dough onto a floured surface; knead dough for 8 to 10 minutes, or until smooth and elastic.
9. Cover; let dough rest for 10 to 15 minutes.
10. Divide dough in half or quarters to make two or four pizzas.
11. Place each dough piece on greased or vegetable oil-sprayed pizza pans or baking sheets.
12. Roll each piece into desired shape.
13. Pierce dough with a fork and let it rest for 5 to 10 minutes.
14. You are now ready to top your pizzas.

\*Always check date on the yeast package to make sure it has not expired.

## Nutrition Facts

|                          |                      |
|--------------------------|----------------------|
| Serving Size (111g)      |                      |
| Servings Per Container 4 |                      |
| Amount Per Serving       |                      |
| Calories 270             | Calories from Fat 25 |
| % Daily Value*           |                      |
| Total Fat 3g             | 5%                   |
| Saturated Fat 0g         | 0%                   |
| <i>Trans</i> Fat 0g      |                      |
| Cholesterol 0mg          | 0%                   |
| Sodium 400mg             | 17%                  |
| Total Carbohydrate 51g   | 17%                  |
| Dietary Fiber 3g         | 12%                  |
| Sugars 2g                |                      |
| Protein 8g               |                      |
| Vitamin A 0%             | Vitamin C 0%         |
| Calcium 2%               | Iron 20%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

(Continued on next page)

**Meal Management Project 7**

*Pizza Pizzazz (continued)*

## Quick Pizza Sauce

**Yield:** 1 cup, approximate

- 1 can (8 oz.) Low-sodium tomato sauce
- ¼ cup Low-sodium tomato paste
- 1 tsp. Italian seasoning
- ¼ tsp. Garlic powder
- 1 pinch Sugar

1. In a medium bowl, combine tomato sauce and tomato paste until blended.
2. Stir in Italian seasoning, garlic powder, and sugar.

### Nutrition Facts

|                                       |                     |
|---------------------------------------|---------------------|
| Serving Size (49g)                    |                     |
| Servings Per Container 1 cup, approx. |                     |
| Amount Per Serving                    |                     |
| Calories 20                           | Calories from Fat 0 |
| % Daily Value*                        |                     |
| Total Fat 0g                          | 0%                  |
| Saturated Fat 0g                      | 0%                  |
| <i>Trans</i> Fat 0g                   |                     |
| Cholesterol 0mg                       | 0%                  |
| Sodium 15mg                           | 1%                  |
| Total Carbohydrate 5g                 | 2%                  |
| Dietary Fiber 1g                      | 4%                  |
| Sugars 0g                             |                     |
| Protein 1g                            |                     |
| Vitamin A 15%                         | Vitamin C 15%       |
| Calcium 2%                            | Iron 4%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Individual Pizzas

**Yield:** 4 servings

- 1 Recipe prepared *Basic Pizza Dough*
- 2 Tbsp. Olive oil
- 1 cup *Quick Pizza Sauce*
- 2 cups Shredded low-fat mozzarella or provolone cheese
- 1 to 1½ cups Pizza toppings
- Cornmeal, flour, or vegetable oil spray

1. Preheat oven to 450°F.
2. Divide dough into four balls on a floured board.
3. Stretch or roll each piece into a flat shape.
4. Dust pizza pans with cornmeal or flour (or spray with vegetable oil).
5. Carefully place each dough shape on pans.
6. Pierce dough with a fork and let rest for 5 to 10 minutes.
7. Brush olive oil on top of each dough shape and cover with pizza sauce.
8. Sprinkle evenly with cheese.
9. Top with pizza toppings such as fresh tomato, bell peppers, chopped onions, sliced mushrooms, Canadian bacon, or olives.
10. Bake for 8 to 10 minutes, or until dough is lightly browned around the edges.
11. Serve immediately.

### Nutrition Facts

|                          |                      |
|--------------------------|----------------------|
| Serving Size (193g)      |                      |
| Servings Per Container 4 |                      |
| Amount Per Serving       |                      |
| Calories 390             | Calories from Fat 90 |
| % Daily Value*           |                      |
| Total Fat 11g            | 17%                  |
| Saturated Fat 4g         | 18%                  |
| <i>Trans</i> Fat .02g    |                      |
| Cholesterol 15mg         | 5%                   |
| Sodium 620mg             | 26%                  |
| Total Carbohydrate 57g   | 19%                  |
| Dietary Fiber 4g         | 16%                  |
| Sugars 2g                |                      |
| Protein 18g              |                      |
| Vitamin A 20%            | Vitamin C 15%        |
| Calcium 30%              | Iron 20%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*(Continued on next page)*

**Meal Management Project 7**

*Pizza Pizzazz (continued)*

## Vegetable Stir-Fry Pizza

**Yield:** 4 to 6 servings

- 1 (12-in.)      Prebaked Italian bread shell
- ¼ cup           Fat-free or low-fat ranch dressing
- 1 Tbsp.         Olive or vegetable oil
- 1 bag (16 oz.) Oriental-style frozen mixed vegetables, slightly thawed
- 2 cups          Shredded low-fat mozzarella cheese
- ¼ tsp.          Garlic powder
- ¼ tsp.          Onion powder

1. Preheat oven to 375°F.
2. Place bread shell on an ungreased baking sheet or pizza pan.
3. Spread ranch dressing on bread shell.
4. Heat a large nonstick skillet or wok over medium-high heat.
5. Add vegetable oil and swirl to coat bottom of pan.
6. Add vegetables and stir-fry for 5 minutes, or until vegetables are crisp-tender, stirring frequently.
7. Transfer vegetables from skillet to bread shell using a slotted spoon, distributing them evenly over the ranch dressing.
8. Sprinkle with cheese, garlic powder, and onion powder.
9. Bake for 15 to 20 minutes, or until cheese is melted and crust is hot.
10. Serve immediately.

| Nutrition Facts               |                       |
|-------------------------------|-----------------------|
| Serving Size (202g)           |                       |
| Servings Per Container 4 to 6 |                       |
| Amount Per Serving            |                       |
| Calories 340                  | Calories from Fat 110 |
| % Daily Value*                |                       |
| Total Fat 12g                 | 18%                   |
| Saturated Fat 5g              | 23%                   |
| <i>Trans</i> Fat .03g         |                       |
| Cholesterol 20mg              | 7%                    |
| Sodium 410mg                  | 17%                   |
| Total Carbohydrate 38g        | 13%                   |
| Dietary Fiber 3g              | 12%                   |
| Sugars 4g                     |                       |
| Protein 18g                   |                       |
| Vitamin A 15%                 | Vitamin C 20%         |
| Calcium 40%                   | Iron 10%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Additional Topping Suggestions**

- Chopped Chinese broccoli, cabbage, or celery
- Canned water chestnuts and bamboo shoots
- Chopped fresh garlic and ginger
- Chopped sweet potato or jicama (Hee-kuh-muh)

NOTE: Follow step 6 above for stir-frying vegetables.

*(Continued on next page)*

## A “Fusion” Festival

**Directions:** Read the recipes and complete the *Foods Lab Team Planning Form* and the *Time and Work Schedule*. Prepare the selected recipes. At the conclusion of the lab, complete the *Meal Management Appraisal Form* and the *Foods Lab/Teamwork Evaluation Form*.

Fusion cooking is the art of combining ingredients and cooking techniques from different cuisines to create innovative new dishes. Chefs like to experiment with this concept to create imaginative recipes.

### For Your Information

Fusion cooking is a good way to sample a variety of cuisines. Take care to use recipe ingredients that are compatible with one another. Make sure that the chosen cooking methods enhance the blended flavors of the various ethnic components. Remember that the appearance and presentation of the food is extremely important as well.

Most supermarkets feature international/ethnic sections that contain a large variety of food products with which to experiment. Following is a sample list of products to jump-start your way into fusion cooking. Let your imagination go wild!

- Breads and wrappers such as wontons, tortillas, pita breads, and other flatbreads
  - Herbs and spices from different countries
  - Indian curries
  - Mexican beans
  - Coconut milk
  - Grains, such as couscous, Arborio rice for risotto, and polenta
  - Chipotle chiles and spice blends
  - Fermented bean pastes
  - Pesto sauces
  - Ethnic produce such as bok choy, plantains, and mushrooms
  - Sauces, such as barbeque, fish, Chinese, and Italian
  - Tropical fruits
  - Salsas
  - Flavored vinegars and oils
- Mix, match, and get started!

(Continued on next page)

**Meal Management Project 8**

*A "Fusion" Festival (continued)*

## Fusion Wrap

**Yield:** 4 servings

- 1 pkg. (8 oz.) Low-fat cream cheese, softened
- 2 Tbsp. Ranch dressing
- 4 (12-in.) Mexican flour tortillas
- 8 Thin slices cooked turkey breast (can purchase from deli)
- 4 slices American cheese
- 2 cups Chinese cabbage or bok choy
- 2 Italian plum tomatoes, thinly sliced

1. In a small bowl, mix cream cheese and ranch dressing.
2. Divide mixture evenly into fourths and spread over tortillas.
3. Arrange turkey, cheese, cabbage, and tomatoes over cream cheese mixture.
4. Tightly roll up individual flour tortillas; cut each tortilla in half.
5. Wrap each half tightly in plastic wrap and refrigerate until serving time.

| Nutrition Facts   |                       |
|---|-----------------------|
| Serving Size (341g)   |                       |
| Servings Per Container 4  |                       |
| Amount Per Serving  |                       |
| Calories 540  | Calories from Fat 110 |
| % Daily Value*  |                       |
| Total Fat 13g   | 20%                   |
| Saturated Fat 4g  | 18%                   |
| <i>Trans</i> Fat 1.37g  |                       |
| Cholesterol 20mg  | 7%                    |
| Sodium 1360mg   | 57%                   |
| Total Carbohydrate 75g  | 25%                   |
| Dietary Fiber 6g  | 24%                   |
| Sugars 4g   |                       |
| Protein 29g   |                       |
| Vitamin A 60%   | Vitamin C 60%         |
| Calcium 40%   | Iron 25%              |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                       |

## Mexican Hummus

**Yield:** approximately 2½ cups

- 1 Ripe avocado
- 2 cups Prepared hummus (available at supermarket)
- 2 Tbsp. Finely chopped red onion
- 1 Italian plum tomato, chopped
- 2 Tbsp. Canned diced green chiles, drained
- 2 Tbsp. Chopped fresh cilantro
- Baked tortillas, toasted pita wedges, and/or fresh vegetables for dipping

1. Cut avocado in half, remove pit, and scoop out flesh with a spoon.
2. Place avocado in a medium bowl, and mash it.
3. Add hummus and blend thoroughly.
4. Stir in onion, tomato, chiles, and cilantro until well distributed.
5. Serve with baked tortillas, toasted pita wedges, and/or fresh vegetables.

| Nutrition Facts   |                       |
|---|-----------------------|
| Serving Size (150g)   |                       |
| Servings Per Container 2½ cups, approx.   |                       |
| Amount Per Serving  |                       |
| Calories 220  | Calories from Fat 130 |
| % Daily Value*  |                       |
| Total Fat 15g   | 23%                   |
| Saturated Fat 3g  | 13%                   |
| <i>Trans</i> Fat 0g   |                       |
| Cholesterol 0mg   | 0%                    |
| Sodium 360mg  | 15%                   |
| Total Carbohydrate 17g  | 6%                    |
| Dietary Fiber 8g  | 32%                   |
| Sugars 1g   |                       |
| Protein 8g  |                       |
| Vitamin A 8%  | Vitamin C 10%         |
| Calcium 4%  | Iron 15%              |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                       |

*(Continued on next page)*



*A "Fusion" Festival (continued)*

## Greek Sicilian Pizza

**Yield:** 4 to 6 servings

- 1 (12-in.) Prebaked Italian bread shell
- $\frac{1}{3}$  cup Pizza sauce (see *Quick Pizza Sauce* on page 85)
- 2 Italian plum tomatoes, thinly sliced
- $\frac{1}{3}$  cup Chopped red onion
- $\frac{1}{4}$  cup Sliced green or black olives
- 2 cups Shredded reduced-fat mozzarella cheese
- 1 cup Crumbled fat-free feta cheese
- 1 tsp. Italian seasoning

1. Preheat oven to 375°F.
2. Place bread shell on an ungreased baking sheet or pizza pan.
3. Spread pizza sauce over bread shell.
4. Top with tomatoes, onion, and olives.
5. Cover with mozzarella and feta cheese.
6. Sprinkle with Italian seasoning.
7. Bake for 15 to 20 minutes, or until cheese is melted and crust is hot.
8. Serve immediately.

### Nutrition Facts

Serving Size (160g)  
Servings Per Container 4 to 6

| Amount Per Serving     |                      |
|------------------------|----------------------|
| Calories 280           | Calories from Fat 90 |
| % Daily Value*         |                      |
| Total Fat 10g          | 15%                  |
| Saturated Fat 4g       | 20%                  |
| <i>Trans</i> Fat 0g    |                      |
| Cholesterol 15mg       | 5%                   |
| Sodium 490mg           | 20%                  |
| Total Carbohydrate 34g | 11%                  |
| Dietary Fiber 2g       | 8%                   |
| Sugars 3g              |                      |
| Protein 17g            |                      |
| Vitamin A 20%          | Vitamin C 15%        |
| Calcium 30%            | Iron 15%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#### Additional Ingredient Suggestions

- Use Greek olives instead of green or black olives.
- Try a "no cheese" pizza with vegetable toppings.
- Use a white cream sauce instead of tomato sauce.
- Top with "gyro" meat.
- Substitute kasseri cheese for the feta cheese.
- Try a pesto sauce instead of tomato sauce.
- Use a sprinkle of fresh or dried mint.

(Continued on next page)

**Meal Management Project 8**

*A "Fusion" Festival (continued)*

## Fusion Baked Potato Bar

**Yield:** 4 servings

4 Baking potatoes, cleaned

Assorted toppings—mix and match from the following:

- Pizza sauce and grated mozzarella cheese
- Salsa, canned green chiles or chipotle pepper, and low-fat sour cream
- Cooked turkey bacon, crumbled; shredded lettuce; and chopped tomato
- Crumbled feta cheese and sliced olives
- Pesto—can purchase already prepared
- Pineapple chunks and sweet and sour sauce
- Stir-fried vegetables and soy sauce

1. Preheat oven to 425°F.\*
2. Pierce potato skins with a fork so steam can escape while baking.
3. Bake for 50 to 60 minutes (depending upon potato size), or until potatoes are cooked through.
4. While potatoes are baking, set out desired toppings in small bowls.
5. Split each cooked potato down the middle; add assorted toppings.
6. Serve immediately.

\*In place of conventional baking, the four potatoes can be microwaved, at 100 percent power, 15 to 20 minutes, or until cooked through.

| Nutrition Facts  |                      |
|--|----------------------|
| Serving Size (233g)  |                      |
| Servings Per Container 4   |                      |
| <hr/>  |                      |
| Amount Per Serving   |                      |
| Calories 240   | Calories from Fat 35 |
| <hr/>  |                      |
|  | % Daily Value*       |
| Total Fat 4g   | 6%                   |
| Saturated Fat 3g   | 13%                  |
| <i>Trans</i> Fat 0g  |                      |
| Cholesterol 10mg   | 3%                   |
| Sodium 190mg   | 8%                   |
| Total Carbohydrate 41g   | 14%                  |
| Dietary Fiber 5g   | 20%                  |
| Sugars 2g  |                      |
| <hr/>  |                      |
| Protein 12g  |                      |
| <hr/>  |                      |
| Vitamin A 15%  | Vitamin C 40%        |
| Calcium 25%  | Iron 15%             |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |

### Alternative Fusion Mashed Potato Bar

- Serve three different types of mashed potatoes [e.g., garlic mashed potatoes, wasabi mashed potatoes (Japanese horseradish), and mashed sweet potatoes].
- Use tall stemmed glasses or footed tulip-sundae glasses for scoops of potatoes.
- Top with assorted shredded cheeses, chopped vegetables, or any items listed above.
- Serve a variety of light gravies or cheese sauces.

*(Continued on next page)*

# The Universal Dumpling

**Directions:** Read the recipes and complete the *Foods Lab Team Planning Form* and the *Time and Work Schedule*. Prepare the selected recipes. At the conclusion of the lab, complete the *Meal Management Appraisal Form* and the *Foods Lab/Teamwork Evaluation Form*.

Pasta and dough have been enjoyed in many shapes and forms for thousands of years. The concept of wrapping dough around a sweet or savory filling has been adapted by many cultures.

## For Your Information

The “dumpling” is a popular form of pasta and appears in many cultures. Examples include Chinese wontons, Jewish kreplach (KREHP-luhkh), Polish pierogi (peer-OH-gee), and Italian ravioli. These dumplings are similar, yet different, each reflecting its individual cultural traits. All of these can be made with “ready to use” wonton wrappers. Fresh wrappers are available in specialty Asian markets as well as many supermarkets.

When working with wontons and egg roll wrappers (larger in size than wontons), keep the stack of wrappers moist by covering with a damp towel. Store wonton wrappers in the refrigerator or freezer; allow them to come to room temperature before using them.

## Wontons

Wontons are noodles that the Chinese have enjoyed for thousands of years. People in Asia created “dough squares” by grinding grain, mixing it with water, and then allowing it to dry. This pro-

cess resulted in food that could be quickly cooked and would last longer than the grain itself.

Popular Chinese “dough squares” include wontons and egg roll wrappers or skins. These squares, typically filled with a ground pork mixture, form the basis for deep-fried egg rolls and wontons for appetizers and soups.

## Kreplach

Very similar to the Chinese wonton, Jewish kreplach replaces ground pork with ground beef. In fact, Chinese restaurants in New York used to advertise their wonton soup as “chicken soup with kreplach” to entice diners. The word “kreplach” comes from the Latin word *crispa*, meaning “pastry” and the German word *krappel*, meaning “fried pastry.” The word eventually turned into the Yiddish word “kreplach.” Kreplach refers to many dumplings; one dumpling is called a krepl.

During the Middle Ages, kreplach were often filled with meat, fruit, or cheese, then baked or fried. It wasn’t until the 17th century that boiling the kreplach became a common cooking method. While the typical kreplach usually contain ground or shredded meat, the dough can contain any variety of fillings, including vegetarian ingredients, such as shredded beets, spinach, and feta cheese.

(Continued on next page)

**Meal Management Project 9*****The Universal Dumpling*** (continued)**Pierogi**

When Jewish kreplach are boiled, they resemble Polish pierogi. Eastern European Jews refer to these stuffed dumplings as *pirogen* while Russians know them as *pelmeni* (pell-m'yeh-nee) or *vareniki* (vah-rehn-NEE-kee). Regardless of what you call them, you will find them quite delicious.

Traditionally made with a flour-based dough, modern recipes may feature the wonton wrapper or frozen bread dough. Like kreplach, pierogi contain both sweet and savory fillings, with potato being the most popular.

**Ravioli**

Ravioli is Italian for “little wraps” and is another example of a stuffed dumpling. Folklore credits sailors in northern Italy for inventing ravioli out of necessity. Not wanting their “leftover food” to go to waste, the sailors stuffed it into pasta pouches.

A special rolling pin is traditionally used to make the indentations between the individual ravioli pieces and seals the dough into separate pouches. The edges of the ravioli are often decorated with a crimped zigzag edge. Today, wonton wrappers can be used in place of the rolled ravioli dough. While meat and cheese are the most common fillings, as with the other dumplings, the filling choices are endless—lobster, shrimp, gourmet mushrooms, and spinach, to name a few.

NOW grab a wonton wrapper and get started!

(Continued on next page)

*The Universal Dumpling (continued)*

# Wontons

**Yield:** 35 to 38 wontons

- 3–4 qt. Water
- 1 Tbsp. Vegetable oil
- 1 tsp. Salt
- 8 oz. Lean ground pork
- 1 Egg
- 3 Tbsp. Finely chopped green onion
- 1 Tbsp. Low-sodium soy sauce
- 1 tsp. Sesame oil
- ½ tsp. Salt
- Flour (to dust work surface)
- 35–38 Wonton wrappers
- Chicken broth or soup

1. Place water in a large saucepan and add oil and one teaspoon salt; bring to a boil over high heat; assemble wontons as directed while waiting for water to boil.
2. In a medium bowl, combine pork, egg, onion, soy sauce, sesame oil, and one-half teaspoon salt; mix well.
3. Lightly sprinkle flour over a flat work surface, such as a cookie sheet. Place each wonton wrapper on the work surface.
4. Place approximately one teaspoon of ground pork mixture in center of each wonton square.
5. Moisten two edges of each wonton with a fingertip dipped in water.
6. Fold wonton in half to form a triangle, pressing edges together to seal.
7. Once water comes to a boil, carefully add half of wontons.
8. Boil for 4 to 5 minutes, or until wontons are tender. Wontons will rise to the surface after about the first minute.
9. Remove cooked wontons from saucepan using a slotted spoon to drain off water. Repeat procedure to cook remaining wontons.
10. Add cooked wontons to chicken broth.
11. Serve hot.

**NOTE:** These delicious Chinese treats can be boiled in water for use in soup or fried until golden for an appetizer. To make fried wontons, add one-half cup vegetable oil to a large skillet and heat over medium-high heat to 350°F (or until a drop of water sizzles in the skillet). Prepare wontons as directed above in steps 2 through 7. Fry wontons in small batches for 4 to 5 minutes or until golden brown, turning occasionally. Remove with tongs and drain on paper towels.

## Nutrition Facts

Serving Size (99g)  
Servings Per Container 35 to 38

| Amount Per Serving    |                      |
|-----------------------|----------------------|
| Calories 45           | Calories from Fat 20 |
| % Daily Value*        |                      |
| Total Fat 2g          | 3%                   |
| Saturated Fat 1g      | 3%                   |
| <i>Trans</i> Fat 0g   |                      |
| Cholesterol 10mg      | 3%                   |
| Sodium 135mg          | 6%                   |
| Total Carbohydrate 5g | 2%                   |
| Dietary Fiber 0g      | 0%                   |
| Sugars 0g             |                      |
| Protein 2g            |                      |

Vitamin A 0%      Vitamin C 0%  
Calcium 0%      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*(Continued on next page)*

**Meal Management Project 9**

*The Universal Dumpling (continued)*

# Kreplach

**Yield:** 35 to 38 kreplach

- 3–4 qt. Water
- 1 Tbsp. Vegetable oil
- 1 tsp. Salt
- 8 oz. Lean ground beef
- 1 Egg
- 2 Tbsp. Grated onion
- ½ tsp. Salt
- dash Pepper
- Flour (to dust work surface)
- 35–38 Wonton wrappers
- Chicken broth or soup

| Nutrition Facts                 |                      |
|---------------------------------|----------------------|
| Serving Size (98g)              |                      |
| Servings Per Container 35 to 38 |                      |
| Amount Per Serving              |                      |
| Calories 35                     | Calories from Fat 10 |
| % Daily Value*                  |                      |
| Total Fat 1g                    | 2%                   |
| Saturated Fat 0g                | 0%                   |
| <i>Trans</i> Fat 0g             |                      |
| Cholesterol 10mg                | 3%                   |
| Sodium 120mg                    | 5%                   |
| Total Carbohydrate 5g           | 2%                   |
| Dietary Fiber 0g                | 0%                   |
| Sugars 0g                       |                      |
| Protein 2g                      |                      |
| Vitamin A 0%                    | Vitamin C 0%         |
| Calcium 0%                      | Iron 2%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

1. Place water in a large saucepan and add oil and one teaspoon salt; bring to a boil over high heat; while waiting for water to boil, assemble kreplach as directed below.
2. In a medium bowl, combine beef, egg, onion, garlic, one-half teaspoon salt, and pepper; mix well.
3. Lightly sprinkle flour over a flat work surface such as a cookie sheet. Place wonton wrappers on work surface.
4. Place approximately teaspoon of ground beef mixture in center of each wonton square.
5. Moisten two edges of each wonton with a fingertip dipped in water.
6. Fold in half to make a kreplach triangle, pressing edges together to seal.
7. Once water in saucepan comes to a boil, carefully add half of kreplach.
8. Boil for 4 to 5 minutes, or until tender; kreplach will rise to surface after about the first minute.
9. Remove cooked kreplach from saucepan using a slotted spoon to drain off water; repeat procedure to cook remaining kreplach.
10. Add cooked kreplach to chicken broth.

NOTE: These delicious kreplach can be boiled in water or fried until golden. To make fried kreplach, add one-half cup vegetable oil to a large skillet and heat over medium-high heat to 350°F (or until a drop of water sizzles in the skillet). Prepare kreplach as directed above in steps 2 through 7. Fry the kreplach in small batches for 4 to 5 minutes, or until golden brown, turning occasionally. Remove kreplach with tongs and drain on paper towels.

*(Continued on next page)*

**Meal Management Project 9**

*The Universal Dumpling (continued)*

# Pierogi

**Yield:** 4 servings

|         |   |         |                                |
|---------|---|---------|--------------------------------|
| 1       | Medium potato, peeled and cut into 1-in. pieces | ½ tsp.  | Chopped refrigerated garlic    |
|         | Water to cook potato                            | ⅓ cup   | Shredded cheddar cheese        |
| 3–4 qt. | Water   | 3 Tbsp. | Low-fat sour cream             |
| 1 Tbsp. | Vegetable oil                                   | ½ tsp.  | Salt                           |
| 1 tsp.  | Salt  |         | Flour (to dust work surface)   |
| 1 tsp.  | Olive or vegetable oil                          | 32      | Wonton wrappers                |
| 2 Tbsp. | Chopped onion                                   |         | Low-fat sour cream for topping |

1. Place potato in a medium saucepan. Cover with water and bring to a boil over high heat.
2. Reduce heat to medium high and cook the potato, uncovered, 8 to 10 minutes, or until it is fork tender.
3. Place potato in a colander to drain; set aside.
4. Meanwhile, place three to four quarts water in a large saucepan and add vegetable oil and salt; bring to a boil over high heat; assemble filling for pierogi as directed below while waiting for the water to boil.
5. Place a small skillet over medium-high heat; add olive oil.
6. Add onion and garlic and sauté for 2 to 3 minutes, or until onion is translucent; set aside.
7. Place cooked potato in a medium bowl and mash with a fork until almost smooth.
8. Stir in reserved onion and garlic.
9. Add cheese, three tablespoons of sour cream, and salt; mix thoroughly.
10. Lightly sprinkle flour over a flat work surface such as a cookie sheet. Place 16 wonton wrappers on work surface.
11. Place one tablespoon of potato mixture in center of each wonton wrapper.
12. Lightly dampen perimeter of one potato-covered wonton with a fingertip dipped in water.
13. Dampen edges of one of remaining plain wontons and place it on top of first one.
14. Press gently around edges to seal and form pierogi. Repeat with remaining wontons.
15. Once water in saucepan comes to a boil, carefully add pierogi one at a time, gently moving them around so that they do not stick to bottom of pan.
16. Boil gently for 4 to 5 minutes, or until tender; the pierogi will rise to the surface after about the first minute.
17. Remove cooked pierogi from saucepan using a slotted spoon to drain off water.
18. Place pierogi in individual serving dishes or on a large serving platter. Serve with low-fat sour cream.

NOTE: The pierogi are very fragile and tend to stick together. Avoid stacking pierogi after they are cooked.

*(Continued on next page)*

## Nutrition Facts

Serving Size (131g)  
Servings Per Container 4

| Amount Per Serving     |                      |
|------------------------|----------------------|
| Calories 290           | Calories from Fat 60 |
| % Daily Value*         |                      |
| Total Fat 6g           | 9%                   |
| Saturated Fat 3g       | 15%                  |
| <i>Trans</i> Fat .09g  |                      |
| Cholesterol 20mg       | 7%                   |
| Sodium 430mg           | 18%                  |
| Total Carbohydrate 47g | 16%                  |
| Dietary Fiber 2g       | 8%                   |
| Sugars 2g              |                      |

| Protein 10g  |              |
|--------------|--------------|
| Vitamin A 4% | Vitamin C 8% |
| Calcium 10%  | Iron 15%     |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Meal Management Project 9**

*The Universal Dumpling (continued)*

# Cheese Ravioli

**Yield:** 4 servings

- 3–4 qt. Water
- 1 Tbsp. Vegetable oil
- 1 tsp. Salt
- 7½ oz. Low-fat ricotta cheese (half a 15 oz. package or 1 scant cup)
- 1 Egg
- ¼ cup Grated mozzarella cheese
- 2 Tbsp. Grated parmesan cheese
- 1 Tbsp. Chopped fresh basil
- 1 Garlic clove, minced
- ¼ tsp. Salt
- Dash Pepper
- Flour (dust work surface)
- 24 Wonton wrappers
- Italian sauce or pizza sauce of choice  
(see page 85 for the *Quick Pizza Sauce* recipe)
- Grated parmesan cheese

## Nutrition Facts

|  |                      |
|--|----------------------|
| Serving Size (123g)  |                      |
| Servings Per Container 4   |                      |
| <hr/>  |                      |
| Amount Per Serving   |                      |
| Calories 230   | Calories from Fat 35 |
| <hr/>  |                      |
|  | % Daily Value*       |
| Total Fat 4g   | 5%                   |
| Saturated Fat 2g   | 8%                   |
| <i>Trans</i> Fat 0g  |                      |
| Cholesterol 70mg   | 23%                  |
| Sodium 430mg   | 18%                  |
| Total Carbohydrate 33g   | 11%                  |
| Dietary Fiber 1g   | 4%                   |
| Sugars 2g  |                      |
| <hr/>  |                      |
| Protein 13g  |                      |
| <hr/>  |                      |
| Vitamin A 4%   | Vitamin C 0%         |
| Calcium 20%  | Iron 10%             |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |

1. Place water in a large saucepan and add oil and salt; bring to a boil over high heat; while waiting for water to boil, assemble ravioli as directed below.
2. In a small bowl, combine the ricotta, egg, mozzarella, parmesan, basil, garlic, salt, and pepper.
3. Lightly sprinkle flour over a flat work surface such as a cookie sheet. Place 12 wonton wrappers on work surface. Keep remaining wonton wrappers covered with plastic wrap to prevent them from drying out.
4. Divide cheese mixture among 12 wonton wrappers, mounding approximately one tablespoon in the center of each wonton.
5. Lightly dampen perimeter of one cheese-covered wonton with a fingertip dipped in water.
6. Dampen edges of one of remaining 12 plain wontons and place it on top of first one.
7. Press gently around edges to seal and form ravioli. Repeat with remaining wontons.
8. Once water in saucepan comes to a boil, carefully add cheese ravioli one at a time, gently moving them around so that they do not stick to bottom of pan.
9. Boil gently for 4 to 5 minutes, or until tender; ravioli will rise to surface after about the first minute.
10. Remove cooked ravioli from saucepan using a slotted spoon to drain off water.
11. Place in individual serving dishes or on a large serving platter. Cover with sauce and sprinkle with parmesan.

NOTE: Ravioli are very fragile and tend to stick together. Avoid stacking ravioli after they are cooked.

*(Continued on next page)*



## Party Planning

**Directions:** Read the recipes and complete the *Foods Lab Team Planning Form* and the *Time and Work Schedule*. Prepare the selected recipes. At the conclusion of the lab, complete the *Meal Management Appraisal Form* and the *Foods Lab/Teamwork Evaluation Form*.

Certain events in your life are true milestones that call for celebration—graduations, weddings, and birthdays, to name a few. Hosting a party is a fun way to celebrate. A memorable party combines friends and family, exciting foods, and a festive atmosphere. The secret to a successful party is careful planning. Try to accomplish as much as possible prior to the party. Have the music playing and the food ready when the guests arrive, so that you can enjoy the party, too. Now let the party begin!

### For Your Information

Use the following checklist for party planning. Feel free to adjust it to meet the specific needs of your party.

### Guide to Planning a Successful Party

**In the beginning:** Typically begin initial planning two to four weeks ahead of time for a casual gathering and at least one month ahead for a more formal party.

- \_\_\_\_\_ Choose the date.
- \_\_\_\_\_ Select the location.
- \_\_\_\_\_ Decide on the style of party.
- \_\_\_\_\_ Develop a budget for the entire party and figure out cost per person.
- \_\_\_\_\_ Create a guest list and decide how they will be invited (mailed invitations, telephone, or e-mail).
- \_\_\_\_\_ Choose a theme, if any; decide upon decorations.
- \_\_\_\_\_ Plan the menu and timetable for preparing the foods (complete *Party Menu Planning Form*).

**Next step:** One to one and a half weeks in advance of the party.

- \_\_\_\_\_ Telephone invited guests who have not responded to obtain guest numbers.
- \_\_\_\_\_ Compile your supermarket shopping list, paying close attention to your recipes so you don't leave anything off the list.

(Continued on next page)

**Meal Management Project 10**

***Party Planning*** (continued)

- \_\_\_\_\_ Don't forget the little details on your shopping list, such as paper goods and ice.
- \_\_\_\_\_ Order any special ingredients or items that you may wish to purchase already prepared.
- \_\_\_\_\_ Create or purchase centerpieces if nonperishable.
- \_\_\_\_\_ If possible, prepare some of the foods in advance and freeze.

**Gearing up:** Two to three days in advance of party.

- \_\_\_\_\_ Purchase all supplies needed for the party (if using fresh flowers, try to purchase closer to time of party).
- \_\_\_\_\_ Prepare any foods that can be made in advance, such as marinated vegetables.
- \_\_\_\_\_ Make sure that the location for the party is clean and inviting.

**It's almost showtime:** The day before the party.

- \_\_\_\_\_ Purchase any last-minute items.
- \_\_\_\_\_ Decorate for the party.
- \_\_\_\_\_ Arrange tables and serving areas.
- \_\_\_\_\_ Prepare all recipes that can be made one day in advance and preassemble ingredients for other recipes when possible (for example, chop onions for a recipe).
- \_\_\_\_\_ Space permitting, chill beverages.

**Let the party begin:** Day of party.

- \_\_\_\_\_ Inspect location for party, making sure everything is clean and ready.
- \_\_\_\_\_ Prepare foods so items will be ready when needed.
- \_\_\_\_\_ One hour before party, set out nonperishable snack foods.
- \_\_\_\_\_ When guests arrive, set out remaining appetizers and foods as needed.
- \_\_\_\_\_ Have fun!

**After the Party**

- \_\_\_\_\_ Clean everything up.
- \_\_\_\_\_ Evaluate the success of the party.

(Continued on next page)

*Party Planning* (continued)

# Party Menu Planning Form

**Party/Occasion:** \_\_\_\_\_

**Number of Guests:** \_\_\_\_\_

**Type of Meal Service:** (Check one below.)

\_\_\_\_\_ Sit-Down Breakfast, Brunch, Lunch, or Dinner

\_\_\_\_\_ Buffet-Style Breakfast, Brunch, Lunch, or Dinner

\_\_\_\_\_ Appetizer Party

\_\_\_\_\_ Dessert Party

\_\_\_\_\_ Fondue Party

\_\_\_\_\_ Barbeque Party

\_\_\_\_\_ Picnic Party

\_\_\_\_\_ Other

Create your actual menu below. (Include recipe source or where prepared item will be purchased. You may also use any of the recipes from this booklet.)

**Appetizers/Snacks**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Soups/Salads**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Entrées**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Side Dishes**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Breads/Rolls/Condiments**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Desserts**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Beverages**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Other/Miscellaneous**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

(Continued on next page)

**Meal Management Project 10**

*Party Planning (continued)*

**Plan, Organize, Implement, and Evaluate a Party in the Classroom**

1. As an entire class, agree upon a party theme. Ideas to consider include graduation party or open house, birthday party, brunch, Mexican fiesta, Western party, and holiday party such as an Independence Day party.
2. Create a viable budget for this project as a class, and then work within the agreed-upon budget. Have your team complete the appropriate sections of the *Guide to Planning a Successful Party* and *Party Menu Planning Form* that apply to the party. Regarding the guest list, consider inviting teachers, administrators, support staff, and parents. (This is always a big hit!)
3. Price out all of the ingredients in the recipes your team plans to use. Your teacher may want to create a list of prices for as many of the recipe ingredients as possible. It is also helpful to set prices for small amounts of ingredients, such as 1 teaspoon baking powder. You may need to revise your chosen menu, decorations, etc., to meet budgetary guidelines.
4. Divide the party responsibilities among the lab teams in your class. Work cooperatively in your team to ensure a successful party. If possible, spend extra time on the project (including recipe preparation) before and after school and during lunch, with teacher supervision.
5. The day of the party, work with the other teams to finish or reheat food and set up the decorations as needed. Provide party guests with an evaluation form to complete, such as the one below.

**Party Evaluation Form**

**Directions:** Please evaluate the party you attended by rating the following statements. Place an X in the appropriate box to the right of each statement. Then answer the questions that follow on a separate sheet of paper and attach it to this activity.

| _____   | Poor | Fair | Average | Above Average | Excellent |
|---|------|------|---------|---------------|-----------|
| <b>Student Party/Occasion</b>                               |      |      |         |               |           |
| Room/table decorations                                      |      |      |         |               |           |
| Appropriate temperature for food                            |      |      |         |               |           |
| Appearance of food<br>(consider color and shape)            |      |      |         |               |           |
| Taste of food (flavor and texture)                          |      |      |         |               |           |
| Service from students<br>(include attitude and cleanliness) |      |      |         |               |           |

1. What did you like best about the party?
2. What did you like least about the party?
3. What could the students have done to improve the food and the party?

*(Continued on next page)*

*Party Planning (continued)*

## Pineapple Salsa Dip

**Yield:** approximately 3 cups

- 1 cup Low-fat sour cream
- 1 pkg. (8 oz.) Low-fat cream cheese
- 1 cup Chopped bell peppers (green, red, and yellow for color)
- 1 can (8 oz.) Crushed pineapple in its own juice, well drained
- 3 Tbsp. Chopped fresh cilantro
- 3 Tbsp. Chopped green onion
- 1 tsp. Finely chopped jalapeño pepper\*
- Assorted fresh vegetables and/or chips for dipping

1. In a large mixing bowl, combine sour cream and cream cheese; beat with an electric mixer on medium until blended.
2. Add bell peppers, pineapple, cilantro, onions, and jalapeño pepper; beat on low until ingredients are evenly distributed.
3. Refrigerate, covered, at least 1 hour or overnight.
4. Stir before serving.
5. Enjoy with assorted fresh vegetables and/or chips.

\*Take care when working with hot peppers. Do not touch your face or eyes when working with jalapeño peppers. If possible, wear disposable gloves when handling them, because peppers contain oils that can irritate eyes and skin.

| Nutrition Facts                        |                      |
|--|----------------------|
| Serving Size (147g)                    |                      |
| Servings Per Container 3 cups, approx. |                      |
| Amount Per Serving                     |                      |
| Calories 160                           | Calories from Fat 70 |
| % Daily Value*                         |                      |
| Total Fat 7g                           | 11%                  |
| Saturated Fat 5g                       | 23%                  |
| <i>Trans</i> Fat .19g                  |                      |
| Cholesterol 25mg                       | 8%                   |
| Sodium 140mg                           | 6%                   |
| Total Carbohydrate 17g                 | 6%                   |
| Dietary Fiber 1g                       | 4%                   |
| Sugars 11g                             |                      |
| Protein 6g                             |                      |
| Vitamin A 15%                          | Vitamin C 45%        |
| Calcium 10%                            | Iron 6%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Tangy Smoked Sausage Bites

**Yield:** 16 to 32 appetizers

- 1 can (16 oz.) Whole-berry cranberry sauce
- 1 bottle (12 oz.) Chili sauce
- 2½ Tbsp. Light brown sugar
- 1½ Tbsp. Fresh lemon juice
- 1 Tbsp. Chopped fresh parsley
- 1–2 lbs. “Lite” smoked sausage or polska kielbasa, cut into ½-in. pieces

1. In medium saucepan, prepare the sauce by combining cranberry sauce, chili sauce, brown sugar, lemon juice, and parsley.
2. Add sausage and mix thoroughly.
3. Simmer over medium heat 10 to 15 minutes, or until sausage is heated through, stirring often. Smoked sausage bites may be kept warm in a chafing dish or a slow cooker.

| Nutrition Facts                 |                      |
|---------------------------------|----------------------|
| Serving Size (82g)              |                      |
| Servings Per Container 16 to 32 |                      |
| Amount Per Serving              |                      |
| Calories 130                    | Calories from Fat 35 |
| % Daily Value*                  |                      |
| Total Fat 4g                    | 6%                   |
| Saturated Fat 2g                | 8%                   |
| <i>Trans</i> Fat 0g             |                      |
| Cholesterol 15mg                | 5%                   |
| Sodium 520mg                    | 22%                  |
| Total Carbohydrate 19g          | 6%                   |
| Dietary Fiber 0g                | 0%                   |
| Sugars 14g                      |                      |
| Protein 4g                      |                      |
| Vitamin A 2%                    | Vitamin C 4%         |
| Calcium 0%                      | Iron 2%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*(Continued on next page)*

**Meal Management Project 10**

*Party Planning (continued)*

## Fabulous Fruit Pizza

**Yield:** 8 to 10 servings

- 1 pkg. (18 oz.) Refrigerated “slice and bake” sugar cookie dough
- 1 pkg. (8 oz.) Low-fat cream cheese, softened
- 1/3 cup Granulated sugar
- 3/4 tsp. Vanilla
- 1 can (11 oz.) Mandarin oranges, drained
- 1 Banana, sliced\*
- 1 Kiwi, peeled and cut into slices
- 10 Strawberries, washed, hulled, and halved

1. Preheat the oven to 350°F.
2. To prepare crust, roll cookie dough on an ungreased 12- to 14-inch pizza pan.
3. Bake crust 10 to 12 minutes or until golden brown. Cool on wire rack.
4. In a small mixing bowl combine cream cheese, sugar, and vanilla; beat with an electric mixer on medium until well blended.
5. Spread cream cheese mixture evenly over cooled cookie crust.
6. Decorate top of cookie pizza with mandarin oranges, banana, kiwi, and strawberries.

\*To prevent banana slices from turning brown, dip in lemon juice or orange juice.

### Nutrition Facts

|   |                              |
|---|------------------------------|
| Serving Size (681g)   |                              |
| Servings Per Container 8 to 10  |                              |
| <b>Amount Per Serving</b>   |                              |
| <b>Calories 560</b>   | <b>Calories from Fat 120</b> |
| <b>% Daily Value*</b>   |                              |
| <b>Total Fat 14g</b>  | <b>22%</b>                   |
| <b>Saturated Fat 4g</b>   | <b>18%</b>                   |
| <b>Trans Fat 0g</b>   |                              |
| <b>Cholesterol 20mg</b>   | <b>7%</b>                    |
| <b>Sodium 430mg</b>   | <b>18%</b>                   |
| <b>Total Carbohydrate 105g</b>  | <b>35%</b>                   |
| <b>Dietary Fiber 5g</b>   | <b>20%</b>                   |
| <b>Sugars 77g</b>   |                              |
| <b>Protein 10g</b>  |                              |
| <b>Vitamin A 100%</b>   | <b>Vitamin C 340%</b>        |
| <b>Calcium 15%</b>  | <b>Iron 15%</b>              |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                              |

## Over the Rainbow Punch

**Yield:** approximately 20 servings

- 1 qt. Rainbow sherbet, softened
- 1 qt. Low-fat vanilla frozen yogurt, softened
- 4 cups Low-fat milk
- 4 cups Cran-raspberry juice or other flavored cranberry juice
- 3/4 tsp. Vanilla

1. Scoop sherbet and frozen yogurt into a large punch bowl.
2. Gradually blend in milk and juice, stirring punch with a large mixing spoon, until desired consistency.
3. Stir in vanilla. Serve immediately.

### Nutrition Facts

|   |                             |
|---|-----------------------------|
| Serving Size (152g)   |                             |
| Servings Per Container 20, approx.  |                             |
| <b>Amount Per Serving</b>   |                             |
| <b>Calories 120</b>   | <b>Calories from Fat 20</b> |
| <b>% Daily Value*</b>   |                             |
| <b>Total Fat 2g</b>   | <b>3%</b>                   |
| <b>Saturated Fat 1g</b>   | <b>5%</b>                   |
| <b>Trans Fat 0g</b>   |                             |
| <b>Cholesterol 5mg</b>  | <b>2%</b>                   |
| <b>Sodium 65mg</b>  | <b>3%</b>                   |
| <b>Total Carbohydrate 22g</b>   | <b>7%</b>                   |
| <b>Dietary Fiber 0g</b>   | <b>0%</b>                   |
| <b>Sugars 20g</b>   |                             |
| <b>Protein 3g</b>   |                             |
| <b>Vitamin A 4%</b>   | <b>Vitamin C 30%</b>        |
| <b>Calcium 10%</b>  | <b>Iron 0%</b>              |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                             |

*(Continued on next page)*

## Optional Recipes

### Sausage Oriental

**Yield:** 4 servings

- 1 Tbsp. Cornstarch
- ½ tsp. Ground ginger
- 1 Tbsp. Soy sauce
- 1 Tbsp. Vinegar
- ½ cup Apricot preserves
- 1 Tbsp. Vegetable oil
- 1 Fresh green bell pepper, cut into 1-in. chunks
- 1 Medium onion, chopped
- 2 Medium tomatoes, cut into eighths
- ¾ lb. Reduced-fat smoked sausage, cut into ½-in. pieces
- 2 cups Canned pineapple chunks, drained
- 2 cups Cooked white rice or chow mein noodles

1. In a small bowl, combine cornstarch, ginger, soy sauce, vinegar, and preserves and stir until smooth; set aside.\*
2. Heat a large nonstick skillet or wok over medium-high heat.
3. Add vegetable oil and swirl to coat bottom of pan.
4. Add green pepper, onion, tomato, and sausage and stir-fry for 5 minutes or until vegetables are crisp-tender, stirring frequently.
5. Stir the cornstarch mixture; add it to the sausage mixture.
6. Cook over low heat 1 to 2 minutes, or until the sauce thickens; stir frequently.
7. Add pineapple and cook 1 to 2 minutes, or until heated through, stirring occasionally.
8. Serve with rice or chow mein noodles.

\*One-half to three-quarter cup bottled sweet and sour sauce may be substituted for the cornstarch mixture.

#### Nutrition Facts

Serving Size (392g)  
Servings Per Container 4

| Amount Per Serving     |                      |
|------------------------|----------------------|
| Calories 370           | Calories from Fat 50 |
| % Daily Value*         |                      |
| Total Fat 6g           | 9%                   |
| Saturated Fat 1g       | 5%                   |
| <i>Trans</i> Fat 0g    |                      |
| Cholesterol 25mg       | 8%                   |
| Sodium 740mg           | 31%                  |
| Total Carbohydrate 71g | 24%                  |
| Dietary Fiber 4g       | 16%                  |
| Sugars 38g             |                      |
| Protein 12g            |                      |
| Vitamin A 15%          | Vitamin C 110%       |
| Calcium 4%             | Iron 15%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#### Alternative Ingredient Suggestions

- Substitute fresh pineapple chunks for the canned pineapple.
- Use multicolored bell peppers in addition to or in place of the green peppers.
- Serve with cooked brown rice for a nutty flavor.

(Continued on next page)

## Hearty Bran Muffins

**Yield:** 12 muffins

|        |   |
|--------|---|
| 1 cup  | Buttermilk                              |
| ¼ cup  | Molasses                                |
| 1½ cup | Whole bran cereal (morsels, not flakes) |
| 1½ cup | All-purpose flour                       |
| 2 tsp. | Baking powder                           |
| ½ tsp. | Baking soda                             |
| ¼ cup  | Sugar                                   |
| ⅓ cup  | Vegetable oil                           |
| 1      | Egg                                     |
| ½ cup  | Raisins                                 |

1. Preheat oven to 400°F.
2. Lightly grease a 12-cup standard muffin pan with low-fat margarine.
3. In a medium bowl, gently stir together buttermilk, molasses, and bran cereal. Let the mixture stand until the cereal absorbs most of the liquid (about 5 minutes).
4. Meanwhile, sift together the flour, baking powder, and baking soda into a medium bowl.
5. In a separate bowl, beat together sugar, oil, and egg until light and fluffy. (Do not overbeat!)
6. Blend the buttermilk mixture with the egg mixture, stirring just to combine.
7. Make a well in the center of the sifted dry ingredients. Pour the liquid mixture into the dry ingredients and stir lightly, just to combine. Gently stir in the raisins.
8. Spoon the batter into the greased muffin cups, filling the cups no more than  $\frac{2}{3}$  full.
9. Bake 20 to 25 minutes or until a cake tester inserted in the center of a muffin comes out clean.
10. Remove from oven. Let stand on cooling rack for 10 minutes before removing muffins from pan. Serve warm.

### Nutrition Facts

Serving Size (79g)  
Servings Per Container 12 muffins

| Amount Per Serving     |                      |
|------------------------|----------------------|
| Calories 220           | Calories from Fat 70 |
| % Daily Value*         |                      |
| Total Fat 8g           | 12%                  |
| Saturated Fat 1g       | 5%                   |
| <i>Trans</i> Fat 0g    |                      |
| Cholesterol 20mg       | 7%                   |
| Sodium 220mg           | 9%                   |
| Total Carbohydrate 38g | 13%                  |
| Dietary Fiber 3g       | 12%                  |
| Sugars 17g             |                      |
| Protein 4g             |                      |

|              |               |
|--------------|---------------|
| Vitamin A 0% | Vitamin C 15% |
| Calcium 10%  | Iron 15%      |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#### Alternative Ingredient Suggestions

- Substitute dried cranberries or dried blueberries for the raisins.
- Add semi-sweet chocolate chip morsels instead of the raisins.
- Top unbaked muffins with a sprinkle of chopped pecans for added crunch.

(Continued on next page)



## Stir-Fried Sesame Green Beans

**Yield:** 4 servings

- 1 pound Fresh green beans
- 1 clove Minced garlic
- 2 Tbsp. Vegetable oil
- 1 Tbsp. Water
- 1 Tbsp. Low-sodium soy sauce
- 2 Tbsp. Sesame seeds

1. Wash the green beans well with cold water. Then cut ends off green beans and slice diagonally into pieces about 1½ in. in length.
2. Arrange all ingredients within easy reach of the range.
3. Heat a wok or large skillet over high heat until a drop of water dances when dropped on the pan's surface.
4. Add the oil to the pan and swirl to coat the bottom of the pan. Heat until it is hot enough to ripple when the pan is tipped.
5. Cook the garlic in the oil, stirring with a wooden spoon until the garlic just begins to brown (no more than 30 seconds).
6. Add the green beans to the pan and stir-fry, lifting and stirring constantly with the wooden spoon until evenly coated with oil and slightly cooked, about 3 minutes. Green beans should retain a bright color.
7. Add the water and soy sauce to the pan. Immediately lower the heat and cover the pan. Simmer for 2 to 3 minutes, until the beans are crisp-tender.
8. Turn the beans out onto a heated serving dish. Sprinkle with sesame seeds. Serve immediately.

### Nutrition Facts

Serving Size (133g)  
Servings Per Container 4

| Amount Per Serving    |                      |
|-----------------------|----------------------|
| Calories 120          | Calories from Fat 80 |
| % Daily Value*        |                      |
| Total Fat 9g          | 14%                  |
| Saturated Fat 1g      | 5%                   |
| <i>Trans</i> Fat 0g   |                      |
| Cholesterol 0mg       | 0%                   |
| Sodium 150mg          | 6%                   |
| Total Carbohydrate 9g | 3%                   |
| Dietary Fiber 4g      | 16%                  |
| Sugars 2g             |                      |
| Protein 3g            |                      |

Vitamin A 15%      Vitamin C 30%  
Calcium 6%      Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#### Alternative Ingredient Suggestions

- Use frozen cut green beans when fresh are not available.
- Substitute slivered almonds for the sesame seeds for a crunchy texture.
- Use olive oil instead of vegetable oil.

(Continued on next page)

*Optional Recipes (continued)*

## Hot Topped Taco-Style Potatoes

**Yield:** 4 servings

- 4 Medium baking potatoes
- ½ cup Chopped onion
- ½ cup Chopped green pepper
- 1 can (8-oz.) Tomato sauce
- 2 Tbsp. Chopped, canned mild green chilies
- ½ cup Shredded Monterey Jack cheese
- 2 cups Shredded lettuce
- 1 Fresh tomato, diced

1. Scrub potatoes and pat dry. Pierce each one several times with a fork.
2. Place potatoes in the microwave oven, end to end, 1 in. apart in a circle, on microwave-safe paper towels.
3. Cook potatoes on HIGH for 12 to 16 minutes. Halfway through the cooking time, use tongs to turn each potato over; resume cooking.\*
4. Remove potatoes from the oven and let them stand on a paper towel while the topping is prepared.
5. Place the chopped onions and green peppers in a microwave-safe casserole. Cover and cook on HIGH for 2 minutes, or until onions and peppers are tender. Use oven mitts to remove the casserole from the oven.
6. Add the tomato sauce and chilies; stir gently. Cover and cook on HIGH for 1 minute. Remove from oven and stir.
7. Slash the tops of the potatoes and fill each one with an equal amount of shredded Monterey Jack cheese. Place each potato on a serving plate.
8. Top each potato with an equal amount of the tomato mixture.
9. Garnish each plate with shredded lettuce and diced tomatoes. Serve immediately.

| Nutrition Facts   |                      |
|---|----------------------|
| Serving Size (391g)   |                      |
| Servings Per Container 4  |                      |
| Amount Per Serving  |                      |
| Calories 230  | Calories from Fat 40 |
| % Daily Value*  |                      |
| Total Fat 4.5g  | 7%                   |
| Saturated Fat 2.5g  | 13%                  |
| <i>Trans</i> Fat 0g   |                      |
| Cholesterol 15mg  | 5%                   |
| Sodium 390mg  | 16%                  |
| Total Carbohydrate 45g  | 15%                  |
| Dietary Fiber 6g  | 24%                  |
| Sugars 10g  |                      |
| Protein 11g   |                      |
| Vitamin A 15%   | Vitamin C 110%       |
| Calcium 15%   | Iron 15%             |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                      |

\*To bake the potatoes in a conventional oven, prepare the potatoes as for microwaving, but place them in a baking dish and bake them at 350°F for one hour or until done.

**Alternative Ingredient Suggestions**

- Substitute your favorite cheese for the Monterey Jack.
- Use salsa instead of tomato sauce.
- Garnish with several taco chips.
- Top with taco-seasoned shredded chicken or ground beef.

*(Continued on next page)*

*Optional Recipes (continued)*

## Chicken Pockets to Go

**Yield:** 6 servings

|         |   |         |                         |
|---------|---|---------|-------------------------|
| ¾ cup   | Plain low-fat yogurt                            | ½ cup   | Finely grated carrot    |
| 2 Tbsp. | Low-fat ranch-style packaged salad dressing mix | ¼ cup   | Raisins                 |
| 2 cups  | Cooked chicken, diced                           | 2 Tbsp. | Low-fat margarine       |
| ½ cup   | Finely chopped green pepper                     | 3       | Large whole-wheat pitas |

1. In a small bowl, stir together the yogurt and dried salad dressing mix; let stand to thicken.
2. Meanwhile, combine the chicken, pepper, carrot, and raisins in a medium bowl.
3. Add the yogurt dressing to the chicken mixture; stir until ingredients are evenly coated.
4. Cut each pita across the middle, forming two half-circles.
5. Spread a thin layer of low-fat margarine inside each half-circle (to prevent dressing from soaking into the bread).
6. Fill each bread pocket with chicken salad.

### Nutrition Facts

Serving Size (140g)  
Servings Per Container 6

| Amount Per Serving     |                      |
|------------------------|----------------------|
| Calories 220           | Calories from Fat 45 |
| % Daily Value*         |                      |
| Total Fat 6g           | 9%                   |
| Saturated Fat 1.5g     | 8%                   |
| <i>Trans</i> Fat 0g    |                      |
| Cholesterol 40mg       | 13%                  |
| Sodium 570mg           | 24%                  |
| Total Carbohydrate 24g | 8%                   |
| Dietary Fiber 3g       | 12%                  |
| Sugars 9g              |                      |
| Protein 19g            |                      |
| Vitamin A 25%          | Vitamin C 20%        |
| Calcium 8%             | Iron 8%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Chinese Vegetable Soup

**Yield:** 4 servings

|         |                                 |         |  |
|---------|---------------------------------|---------|--|
| 4 cups  | Water                           | 1 stalk | Finely chopped celery                    |
| 5 cubes | Chicken broth or bouillon       | 1       | Small leaf of bok choy (Chinese cabbage) |
| ½ cup   | Egg noodles (very thin)         | Dash    | Dried ginger                             |
| 1       | Small carrot, peeled and grated |         |  |

1. In a large saucepan, bring the water to a boil. Add bouillon cubes. Cook and stir to dissolve.
2. Stir in the uncooked egg noodles. Bring the liquid to a boil again. Cover and remove from heat. Let stand for 10 minutes.
3. While the soup stands, wash the vegetables. Grate the carrot, chop the celery, and tear the bok choy into bite-sized pieces.
4. Add the grated carrot and chopped celery to the soup pot. Cook and stir for 2 minutes over medium heat.
5. Add the bok choy and ginger. Cook and stir for 1 minute.
6. Ladle into bowls and serve immediately as a first course.

### Nutrition Facts

Serving Size (272g)  
Servings Per Container 4

| Amount Per Serving    |                     |
|-----------------------|---------------------|
| Calories 30           | Calories from Fat 5 |
| % Daily Value*        |                     |
| Total Fat 0g          | 0%                  |
| Saturated Fat 0g      | 0%                  |
| <i>Trans</i> Fat 0g   |                     |
| Cholesterol 5mg       | 2%                  |
| Sodium 1460mg         | 61%                 |
| Total Carbohydrate 5g | 2%                  |
| Dietary Fiber 1g      | 4%                  |
| Sugars 1g             |                     |
| Protein 2g            |                     |
| Vitamin A 35%         | Vitamin C 4%        |
| Calcium 2%            | Iron 2%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*(Continued on next page)*

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*Optional Recipes (continued)*

## Stuffed Shells

**Yield:** 4 servings

- 1 jar (16 oz.) Low-sodium pasta sauce
- 1 pkg. (10 oz.) Frozen chopped spinach
- 1 pkg. (8 oz.) Large pasta shells, uncooked (about 20 shells)
- 1 tsp. Fresh, snipped basil leaves OR
- 1/8 tsp. Dried basil
- 1 tsp. Fresh, snipped parsley OR
- 1/8 tsp. Parsley flakes
- 15 oz Part-skim ricotta cheese
- 1 cup Grated part-skim mozzarella cheese
- 1/4 cup Grated Parmesan cheese

1. Pour into the top of a double boiler, over boiling water. Heat the sauce on a back burner, covered, as you prepare the remainder of the recipe.
2. Preheat oven to 350°F.
3. Cook the spinach in a 2-qt. saucepan, according to package directions. Drain thoroughly in a colander, pressing out all water. Set aside to cool.
4. Cook pasta shells in 6-qt. pot, according to package directions. Drain shells (do not rinse!) and set aside to cool slightly.
5. In a medium bowl, combine cooked spinach, basil, parsley, ricotta, and mozzarella. Stir well to blend.
6. Stuff each cooked shell with a rounded tablespoon of the cheese and spinach mixture.
7. Pour about half of the tomato sauce (approximately 1 cup) into the bottom of a 13 × 9 × 2-inch ovenproof baking dish. Place stuffed shells on top of sauce, seam side up, in one layer.
8. Spoon remaining tomato sauce over shells; sprinkle with Parmesan cheese.
9. Bake in preheated oven for 30 minutes.
10. Serve immediately.

### Nutrition Facts

|   |                              |
|---|------------------------------|
| Serving Size (417g)   |                              |
| Servings Per Container 4  |                              |
| <b>Amount Per Serving</b>   |                              |
| <b>Calories 520</b>   | <b>Calories from Fat 140</b> |
| <small>% Daily Value*</small>   |                              |
| <b>Total Fat 16g</b>  | <b>25%</b>                   |
| <b>Saturated Fat 9g</b>   | <b>45%</b>                   |
| <i>Trans Fat 0g</i>   |                              |
| <b>Cholesterol 65mg</b>   | <b>22%</b>                   |
| <b>Sodium 860mg</b>   | <b>36%</b>                   |
| <b>Total Carbohydrate 64g</b>   | <b>21%</b>                   |
| <b>Dietary Fiber 6g</b>   | <b>24%</b>                   |
| <b>Sugars 15g</b>   |                              |
| <b>Protein 33g</b>  |                              |
| <b>Vitamin A 130%</b>   | <b>Vitamin C 45%</b>         |
| <b>Calcium 60%</b>  | <b>Iron 25%</b>              |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                              |

#### Alternative Ingredient Suggestions

- To increase the protein, blend 1 cup of canned chickpeas with the ricotta cheese.
- Substitute finely chopped broccoli for the spinach.
- Replace the tomato sauce with a creamy white sauce.

*(Continued on next page)*

*Optional Recipes (continued)*

## Turkey Enchilada Casserole

**Yield:** 8 servings

- Vegetable oil cooking spray
- ¼ lb. Ground raw turkey
- 1 cup Chopped onion
- 2 Garlic cloves, minced
- ½ tsp. Ground cumin
- ¼ tsp. Chili powder
- 1 can (15 oz.) Pinto beans, drained
- 1 can (8 oz.) Tomato sauce
- 1 can (4 oz.) Green chilies, drained and chopped
- 2 cups Low-fat cottage cheese
- 1 Egg white, lightly beaten
- 8 Corn tortillas, halved (6-inch)
- 1 cup Grated, low-fat Cheddar cheese
- 1 cup Shredded lettuce
- 1 cup Seeded, chopped tomato
- ½ cup Nonfat sour cream alternative (optional)

### Nutrition Facts

|                               |                             |
|-------------------------------|-----------------------------|
| Serving Size (263g)           |                             |
| Servings Per Container 8      |                             |
| <b>Amount Per Serving</b>     |                             |
| <b>Calories 240</b>           | <b>Calories from Fat 50</b> |
| <b>% Daily Value*</b>         |                             |
| <b>Total Fat 5g</b>           | <b>8%</b>                   |
| <b>Saturated Fat 1.5g</b>     | <b>8%</b>                   |
| <i>Trans Fat 0g</i>           |                             |
| <b>Cholesterol 15mg</b>       | <b>5%</b>                   |
| <b>Sodium 660mg</b>           | <b>28%</b>                  |
| <b>Total Carbohydrate 30g</b> | <b>10%</b>                  |
| <b>Dietary Fiber 5g</b>       | <b>20%</b>                  |
| <b>Sugars 5g</b>              |                             |
| <b>Protein 18g</b>            |                             |
| <b>Vitamin A 20%</b>          | <b>Vitamin C 20%</b>        |
| <b>Calcium 15%</b>            | <b>Iron 10%</b>             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

1. Coat a large skillet with cooking spray. Cook over medium heat.
2. Add turkey, onion, and garlic. Cook until turkey is browned, stirring to break it into small chunks.
3. Add cumin, chili powder, beans, tomato sauce, and green chilies. Stir well to blend.
4. Reduce heat to low, and simmer for 5 minutes, stirring occasionally.
5. Preheat oven to 350°F.
6. Combine cottage cheese and lightly beaten egg white in a small bowl. Stir well and set aside.
7. Arrange 6 tortilla halves in the bottom of a 3-quart ovenproof casserole.
8. Spread 1 cup turkey mixture over the tortillas. Spread ⅔ cup cottage cheese mixture over turkey. Top with ⅓ cup Cheddar cheese.
9. Repeat the layers—6 tortilla halves, turkey, cottage cheese, Cheddar cheese; then repeat once more, ending with the Cheddar cheese.
10. Bake in preheated oven for 45 minutes or until heated through. Let stand 5 minutes.
11. Serve topped with shredded lettuce and chopped tomato. If you wish, add the sour cream alternative on top of the lettuce and tomato.

*(Continued on next page)*

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*Optional Recipes (continued)*

## Lemon Sponge Pudding

**Yield:** 4 servings

- 2 tsp. Butter or margarine
- 1 Large lemon
- 1½ Tbsp. Unsalted butter, softened
- ¾ cup Sugar
- 2 Large eggs, separated
- 2 Tbsp. Flour
- 1 cup Skim milk

| Nutrition Facts  |                      |
|--|----------------------|
| Serving Size (162g)  |                      |
| Servings Per Container 4   |                      |
| <hr/>  |                      |
| Amount Per Serving   |                      |
| Calories 280   | Calories from Fat 80 |
| <hr/>  |                      |
| % Daily Value*   |                      |
| Total Fat 9g   | 14%                  |
| Saturated Fat 4.5g   | 23%                  |
| <i>Trans Fat 0g</i>  |                      |
| Cholesterol 125mg  | 42%                  |
| Sodium 65mg  | 3%                   |
| Total Carbohydrate 46g   | 15%                  |
| Dietary Fiber 1g   | 4%                   |
| Sugars 38g   |                      |
| <hr/>  |                      |
| Protein 6g   |                      |
| <hr/>  |                      |
| Vitamin A 8%   | Vitamin C 35%        |
| Calcium 8%   | Iron 6%              |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                      |

1. Preheat oven to 350°F.
2. With a piece of paper towel or waxed paper, rub the 2 teaspoons of butter or margarine into the sides and bottoms of four 8-oz. ovenproof custard cups. Set the cups in a shallow oven proof pan. Set aside.
3. Grate the peel of the lemon finely and reserve the grated peel in a small bowl. Cut the lemon in half and squeeze out the juice to measure ¼ cup. Set aside.
4. In the bowl of an electric mixer, cream the unsalted butter and gradually beat in the sugar. Add the egg yolks one at a time, beating after each addition.
5. Stir in the flour, lemon juice, lemon peel, and milk. Blend.
6. In another bowl, with clean mixing blades, beat the egg whites until they form soft peaks. Fold the beaten whites into the lemon mixture.
7. Spoon the mixture into the prepared custard cups. Set the pan on a rack in the oven. Fill the pan in which the custard cups are standing one-half full of boiling water.
8. Bake for one hour.
9. Serve warm or cold.

(Continued on next page)

*Optional Recipes (continued)*

## Slow Cooker Chili

**Yield:** 4 to 6 servings

- Vegetable oil spray
- 1 lb. Lean ground beef
- 1 cup Chopped onion
- 1 can (15 oz.) Kidney beans, rinsed and drained
- 1 can (14.5 oz.) Diced tomatoes, with juice
- 1 can (8 oz.) Reduced-sodium tomato sauce
- 1 Tbsp. Chili powder
- ½ tsp. Garlic powder

1. Lightly spray a large skillet with vegetable oil.
2. Cook ground beef and onion over medium-high heat for 5 to 7 minutes, or until beef is browned.
3. Drain fat from ground beef.
4. Place ground meat mixture in a slow cooker. Add beans, tomatoes, tomato sauce, chili powder, and garlic powder; mix together.
5. Cover; cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours.

| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Serving Size (337g)           |                      |
| Servings Per Container 4 to 6 |                      |
| Amount Per Serving            |                      |
| Calories 260                  | Calories from Fat 80 |
| % Daily Value*                |                      |
| Total Fat 9g                  | 14%                  |
| Saturated Fat 4g              | 18%                  |
| <i>Trans</i> Fat 0g           |                      |
| Cholesterol 35mg              | 12%                  |
| Sodium 320mg                  | 13%                  |
| Total Carbohydrate 22g        | 7%                   |
| Dietary Fiber 8g              | 32%                  |
| Sugars 4g                     |                      |
| Protein 26g                   |                      |
| Vitamin A 20%                 | Vitamin C 35%        |
| Calcium 10%                   | Iron 20%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Additional Suggestions

- Serve with cooked macaroni for “Chili Mac.”
- Top with your favorite shredded cheese.
- Add a few diced chilies or jalapeño peppers for a spicier flavor.
- Substitute an assortment of sautéed vegetables for the meat for vegetarian chili. Try chopped bell peppers, sweet potato, pumpkin, celery, and assorted beans.

*(Continued on next page)*

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*Optional Recipes (continued)*

## BBQ Chicken Pizza

**Yield:** 4 to 6 servings

- 2 cups Shredded cooked chicken
- 1/3 cup Barbeque sauce
- 1 (12-in.) Prebaked Italian bread shell
- 4 Plum tomatoes, sliced
- 3/4 cup Shredded low-fat mozzarella or Monterey Jack cheese
- 1/2 tsp. Dried oregano
- Fresh basil, chopped (optional)

1. Preheat oven to 450°F.
2. In a small bowl, mix together chicken and barbeque sauce.
3. Place bread shell on an ungreased baking sheet or pizza pan.
4. Spread chicken mixture over bread shell; top with tomatoes.
5. Cover with cheese and sprinkle with oregano.
6. Bake for 10 to 15 minutes, or until cheese is melted and crust is hot.
7. Sprinkle with fresh basil, if desired.
8. Serve hot.

| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Serving Size (194g)           |                      |
| Servings Per Container 4 to 6 |                      |
| Amount Per Serving            |                      |
| Calories 340                  | Calories from Fat 80 |
| % Daily Value*                |                      |
| Total Fat 9g                  | 14%                  |
| Saturated Fat 3g              | 13%                  |
| <i>Trans</i> Fat 0g           |                      |
| Cholesterol 55mg              | 18%                  |
| Sodium 330mg                  | 14%                  |
| Total Carbohydrate 38g        | 13%                  |
| Dietary Fiber 2g              | 8%                   |
| Sugars 6g                     |                      |
| Protein 28g                   |                      |
| Vitamin A 10%                 | Vitamin C 15%        |
| Calcium 20%                   | Iron 15%             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Additional Topping Suggestions**

- Chopped artichoke hearts
- Chopped red, orange, or yellow bell peppers
- Chopped fresh spinach

(Continued on next page)