

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

Ingredients

- Fresh vegetables such as broccoli, cauliflower, carrots, celery, jicama, bell pepper, or cucumber (6 cups sliced used in recipe)
- 2 cups cottage cheese
- Salt
- Black pepper
- Garlic powder
- Dried, minced onion
- Dried parsley flakes
- Dried dill weed

Disposable Supplies

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

Prepare before class

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

Equipment

- 2 cutting mats
- 2 chef's/utility knives
- 2 vegetable peelers
- 1 medium bowl
- 3 sets of measuring cups
- 1 small bowl
- 1 set of measuring spoons
- 1 large plate or platter
- 1 dinner spoon
- 1 set of tongs
- 1 rubber spatula/scrapper
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

Note: When choosing produce for this recipe, look for fresh, in-season vegetables, as they are lower in cost and often more flavorful. Be sure to choose vegetables in a variety of colors, so the dish is visually appealing and provides a variety of nutrients. To cut down on cost and waste, only purchase 3 different types of vegetables for each recipe. This recipe calls for 6 cups of raw vegetables, so you might buy 1 large red pepper, 1 large cucumber, and 4-6 large carrots.

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
