

LESSON 6: STUFFED MUSHROOMS & WHIPPED COTTAGE CHEESE

STUFFED MUSHROOMS

Ingredient	Students Per Class		
	10	15	20
Cremini Mushroom	10	15	20
Butter	1 tbsp	1 ½ tbsp	2 tbsp
Garlic clove	1	1 ½	2
Onion, diced	1/4 cup	1/3 cup	1/2 cup
Mozzarella shredded cheese	1/4 cup	1/3 cup	1/2 cup
Cream cheese	2 oz	3 oz	4 oz
Fresh parsley	2 tbsp	3 tbsp	4 tbsp
Salt	dash	¼ tsp	½ tsp
Black pepper	dash	¼ tsp	½ tsp

Adjust salt and pepper to taste.

 **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

Preheat oven to 375°F

Directions:

1. Wash the mushrooms and gently twist off the mushroom stems and toss away.
 2. Dice the onion and mince the garlic.
 3. Add the onions, garlic, salt, pepper, cream cheese, shredded cheese, and parsley to a bowl. Stir everything until it's mixed well.
 4. Use a spoon to fill the mushroom caps with the mixture.
 5. Add a small amount of tomato sauce and mozzarella cheese to the top.
 6. Place them on a baking tray. Bake for 20 minutes.
 7. Let the mushrooms cool slightly before serving.
- Enjoy!

DID YOU KNOW?

Onions make you cry because they release a gas that irritates your eyes. It's the onion's way of protecting itself!



DID YOU KNOW?

Cottage cheese can be made at home in an afternoon with just some milk and lemon juice!

WHIPPED COTTAGE CHEESE

Ingredient	Students Per Class		
	10	15	20
Cottage cheese	1 pint	1 ½ pints	2 pints
Lemon juice	1 tbsp	1 ½ tbsp	2 tbsp
Garlic clove	1	1 ½	2
Basil	3 tbsp	4 ½ tbsp	6 tbsp

Add salt and pepper to taste

 **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

Prepare the food processor.

Directions:

1. Place the cottage cheese, lemon juice, garlic clove, basil, and pepper into a blender or food processor.
2. Blend the mixture on high speed for 30 to 60 seconds until it's silky smooth. You might need to stop and scrape down the sides to ensure everything blends evenly.
3. Serve 3 tbsp of the dip to each plate to dip the mushrooms into. Enjoy!



LESSON 6

STUFFED MUSHROOMS

INGREDIENTS

Cremini Mushroom

Butter

Garlic Clove

Onion

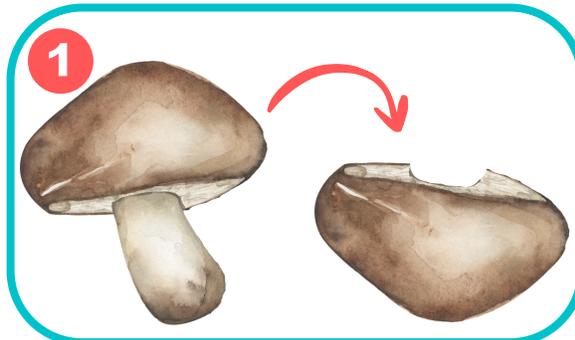
Mozzarella Cheese

Cream Cheese

Fresh Parsley

Salt

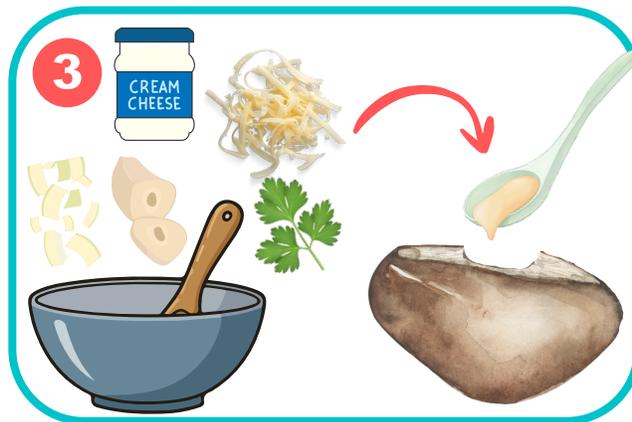
Black Pepper



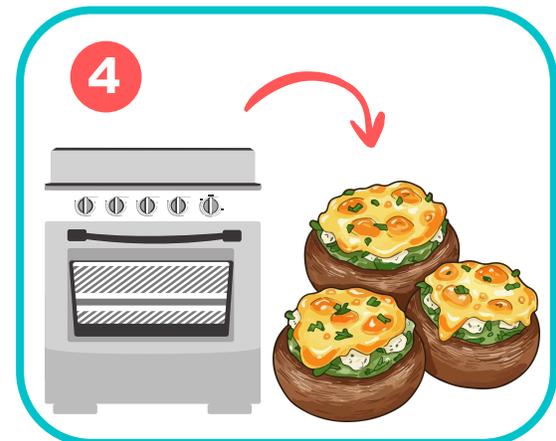
1 Wash mushrooms and gently twist off stems and discard the stems



2 Dice onion and mince garlic clove



3 Mix onion, garlic, salt, pepper, cream cheese, shredded cheese, and parsley into bowl. Add filling to mushroom caps



4 In preheated 375 degree oven, bake for 20 minutes, let cool then enjoy!

WHIPPED COTTAGE CHEESE

INGREDIENTS

Cottage Cheese

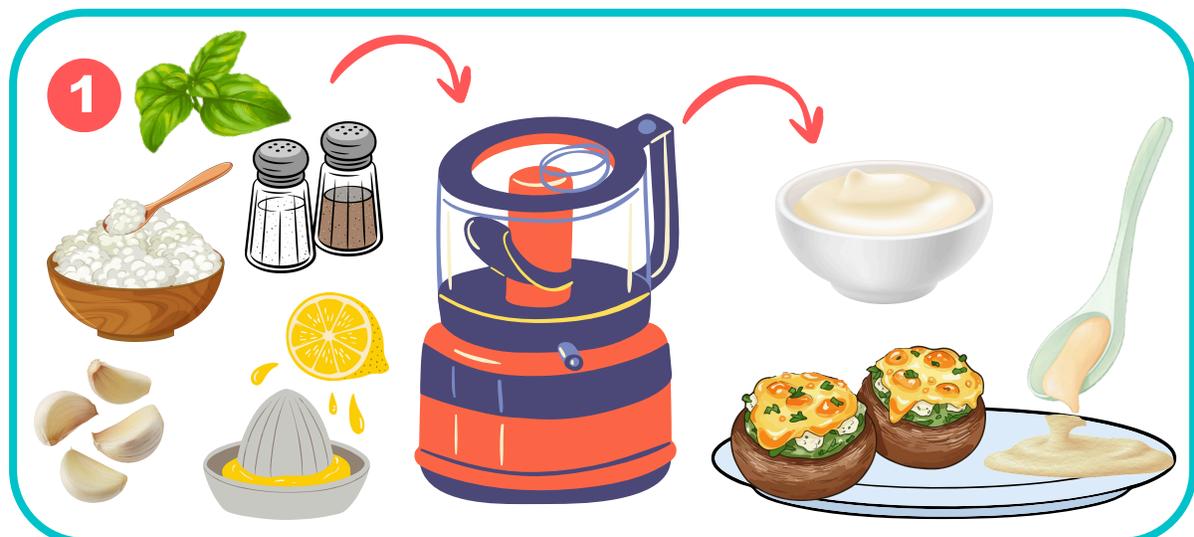
Lemon Juice

Garlic Clove

Basil

Salt

Pepper



1 In food processor, blend on high speed cottage cheese, garlic, salt, pepper, lemon juice, and basil until silky smooth. Serve on plate to dip mushrooms in and enjoy!

LESSON 6: SNACK LIKE A HERO

SHOPPING LIST

Ingredients to buy:

Please see recipe for amounts, varies by class size

Fresh Produce:

- Cremini (baby bella) mushroom
- Fresh parsley
- Fresh basil
- Medium onion
- Garlic
- Lemon

Dairy:

- Cottage cheese
- Butter
- Cream cheese
- Mozzarella cheese

Ingredients in the bin:

- Olive Oil
- Salt
- Pepper

OBJECTIVES

Learn about the nutritional benefits of mushrooms.



Understand the technique of stuffing and its role.



STAR TECHNIQUE: STUFFING

- Stuffing is like giving your food a secret superhero power—it turns everyday mushrooms, peppers, or pastries into flavor-packed bites of awesomeness!
- It's the ultimate way to combine all your favorite ingredients in one epic bite, creating a perfect mix of textures and tastes. Imagine filling your food with cheesy goodness, crunchy veggies, or savory spices—it's like creating a surprise treasure inside every bite!
- With stuffing, the possibilities are endless, and you get to be the creative superhero chef, designing dishes that are fun to make, super delicious, and packed with nutrients to fuel your adventures!

INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Display the ingredients for stuffed mushrooms and whipped cottage cheese, arranging them so students can clearly see each one. Ask the class to observe the ingredients and guess what heroic snacks you might be making today.
- Talk about the star ingredient. Share that mushrooms are like food superheroes—nutrient-dense, versatile, and flavorful.
- Engage the class by asking:
 - Have you ever eaten mushrooms or cottage cheese before? What did you think of them?
 - Can you think of any dishes you've seen or eaten that included mushrooms?
- Explain that today's star technique is stuffing. A skill every kitchen hero needs! Stuffing turns everyday ingredients into power-packed bites bursting with flavor
 - Have you ever stuffed food before? Maybe bell peppers, pastries, or even sandwiches? What filling did you use, and what did you enjoy about it?
 - Why do you think stuffing makes food so exciting to eat?
- Share that stuffing not only adds variety but also helps balance textures—soft fillings, chewy mushrooms, or crispy toppings all come together for a great experience.

ENGAGEMENT TIPS



When dicing the onion and garlic, review the bear claw technique for safe chopping. Check in often and encourage them to cut the pieces as evenly as possible.



To keep workstations clean and students busy, have them wipe cutting boards with a paper towel and put knives in the sink.



While blending, have students listen for the sound to change as the mixture thickens. Ask them to raise their hands when they hear it.

LESSON 6: SNACK LIKE A HERO

STAR INGREDIENT: MUSHROOMS

- Mushrooms are edible fungi packed with nutrients like B vitamins, selenium, potassium, and antioxidants. They have been a staple in cuisines worldwide for centuries, prized for their earthy flavor and versatility.
- Mushrooms are low in calories and high in dietary fiber and protein, making them an excellent choice for vegetarian or nutrient-dense meals.
- Their unique umami flavor enhances dishes, and they're a fantastic way to incorporate more plant-based ingredients into your diet.



COOKING PRO

Always read the entire recipe before starting! This helps you understand the steps and ensures you have all the ingredients and tools ready to go. Preparation is key to stress-free cooking!

DEVELOPMENT

🕒 5-7 min

- Start by showing students how to clean mushrooms properly. Emphasize the importance of not soaking them in water, as mushrooms absorb moisture, which can affect their texture. Show how to gently twist and remove the stems without damaging the caps.
- Highlight knife safety as you dice onions and mince garlic for the stuffing—proper grip and cutting techniques.
- Combine the diced onions, minced garlic, cream cheese, shredded cheese, parsley, salt, and pepper in a bowl. While mixing, discuss how each ingredient plays its role in creating a SUPER stuffing:
 - Cream cheese provides creaminess and richness.
 - Shredded cheese adds a savory, melted texture.
 - Garlic and onions offer depth of flavor.
 - Parsley adds freshness and a pop of color.
- Engage students by asking them to describe the aroma of the mixture and predict how it will taste.
- Demonstrate how to carefully spoon the mixture into each mushroom cap, ensuring the filling is evenly distributed.
- Transitioning to the whipped cottage cheese, allow them to measure and add ingredients into a food processor. While blending, discuss how the process transforms the texture from a chunky to a smooth and creamy snack!
- While the stuffed mushrooms bake, discuss the heroic benefits of cottage cheese: It is high in protein and calcium, promoting muscle and bone health.
- Encourage students to think about how these snack recipes combine protein, vitamins, and minerals for a balanced dish.
- Highlight the importance of balancing flavors and textures in cooking to create a satisfying dish. Remind them that cooking is about adventure, curiosity, and enjoying the process.

END OF CLASS CHECKLIST

🕒 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal