

ENCHILADA CASSEROLE

Serving Size: 12 servings, 1 per student

Ingredients:

- 1 cup enchilada sauce
- 12 corn tortillas (NUT FREE)
- 1 bell pepper
- 1 15 oz can corn
- 1 15 oz black beans
- 1 ½ cup mozzarella cheese

PREP BEFORE CLASS:

Pre-heat the oven to 425°F. Wash bell peppers, remove stems and seeds. Drain and rinse the beans. Divide bell pepper, beans, corns and cheese into 12 portions and put on individual plates.

Directions:

1. Distribute a plate with ingredients to each student.
2. Instruct them to dice bell peppers
3. Pass out tortillas, have each student cut their tortilla into quarters. Pass muffin tins each student.
4. Pass a bowl with enchilada sauce and have students add a teaspoon to their muffin tin.
5. Instruct students to place a tortilla quarter on top of the sauce, then add peppers, corn, beans, and cheese.
6. Pass around enchilada sauce and have students scoop one spoon of sauce into their tin.
7. Have students place second tortilla quarter and sprinkle cheese on top.
8. Collect individual cups on a tray and put in the oven for 12-15 mins. Watch the oven as cooking time may vary. Let cool and enjoy!

DID YOU KNOW?

Enchilada sauce flavors the entire dish by adding spice and warmth. Alongside tomato paste, it usually contains chili powder, garlic and onion.



DID YOU KNOW?

The term Guacamole comes from the Aztec word "ahuacamolli", which means "avocado soup"



GUACAMOLE

Serving Size: 12 servings, 1/4 cup per student

Ingredients:

- 2-3 ripe avocados
- 1 tomato
- 1 lime
- 1 bunch cilantro
- ¾ tsp ground cumin
- Salt to taste
- Tortilla chips (NUT FREE)

PREP BEFORE CLASS:

Wash fresh ingredients

Directions:

1. Demonstrate how to cut avocado in half and remove the pit and scoop out avocado into mixing bowl. Have students assist with remaining avocados.
2. Have students help with mashing avocado with fork.
3. Have students dice tomato and mince cilantro, and add to the avocado bowl.
4. Have student mix guacamole together.
5. Roll lime on table to get more juice out of it before cutting and adding juice to guacamole.
6. Add salt and cumin, mix, and serve.

OBJECTIVES

- ✓ Name 4 main elements of cooking according to Samin
- ✓ Explain the meaning of the 4 elements
- ✓ Name one benefit of eating avocados

ROLES OF SALT, FAT, ACID, HEAT IN COOKING

- Salt - enhances flavor
- Fat - delivers flavor and generates texture
- Acid - balances flavor
- Heat - ultimately determines the texture of food

STAR INGREDIENT: AVODACO

- Avocado is a fruit produced by the avocado tree
- Avocados are in the same family as cinnamon. Seriously.
- Avocados contain an abundance of nutrients that are essential for optimal health, and regularly consuming avocados could help improve overall diet quality.
- Avocados are rich in many nutrients, including fiber, healthy fats, vitamin C, vitamin E, vitamin B6, potassium, magnesium, and folate.

INTRODUCTION

🕒 3-5 min

- What is your favorite fast food restaurant and why? Discuss.
- What would happen if you ate at your favorite fast food location for every meal? Discuss.
- Why do we call them fast food restaurants? Discuss the fact that foods here are highly processed – they are made with extra ingredients that are not very healthy so that they can be made and cooked very quickly.
- An American chef name Samin Nosrat wrote a book 5 years ago that discussed a new idea in cooking. Her book was called Salt, Fat, Acid, Heat. She also made a documentary about this idea. She really wanted to teach people how to appreciate good food made with good ingredients.
- Samin believes that the most delicious dishes are made with these four elements – Salt, Fat, Acid, and Heat. Let's see if our two recipes for today include these four elements!

DEVELOPMENT

🕒 5-7 min

- Start with the recipe Enchilada Casserole, and continue the discussion on Salt, Fat, Acid, Heat. See sidebar.
- Discuss each element and what it means – students should be familiar with heat and salt and possibly fat, but discuss “good fats” – do not use avocados as an example just yet. Acids will likely need to be discussed as well.
 - Fats - an oily substance contained in certain foods. Unlike water, fats won't evaporate when heated, though they do melt. Thus, fats are often used for baking, frying and cooking in general. Examples: ghee, butter, olive oil. Not all, but many fats (as long as they are not too processed) are really good for you like olive oil, fish fat in salmon, ghee, butter and more
 - Acid substances taste sour. Acids can work as tenderizers by breaking down fibers in foods that are cooked or marinated in it. As it tenderizes, it also penetrates and flavors the food. Examples: vinegar, citrus, wine, and buttermilk.
- Using a white board facilitate the discussion on which ingredients used in today's recipes belong to which category (hint: not all would). Ask them to try and place at least 1-2 ingredients or methods from the day's recipes in each category..

LESSON 3:

SALT, FAT, ACID, HEAT

DEVELOPMENT

- Come together to discuss and help them to recognize the big elements for today – acid used in the guacamole, avocados being a great example of a healthy fat, heat used to make the quesadillas, etc.

CONCLUSION

🕒 2-3 min

- When Samin wrote her book and created her documentary she said she didn't want to just cook for people, she wanted to teach them how important it was to use pure and healthy ingredients to create their own healthy foods at home.
- What are some benefits of cooking meals like we did today at home instead of going to a fast food restaurant? Discuss (make sure to really stress that these meals are healthier, ingredients taste better when fresh, spending time at home with family, cooking together as a family, etc.)
- If time allows at the end: with your small group, create a quick lunch or breakfast recipe that hits all of the four elements Salt, Fat, Acid, Heat.

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salt
- Sweet
- Bitter
- Sour
- Umami

TASTE TEST

🕒 2-3 min

- As you are ready to taste food – complete The 30 Second Silent Taste Test: Students will engage in mindful eating by silently tasting the first recipe for 30 seconds.
- Remind the class while they are tasting to focus on their 5 senses (see sidebar for details)
- How would you describe the dish? Use 5 tastes to describe it and or adjectives (see Words to Describe Food Taste, Smell, or Texture page at the beginning of the instructor guide)
- Repeat this for the second recipe.

THUMBS UP TEST

🕒 2 min

- Carry out the Thumb Test: Thumbs up/thumbs to the side/thumbs down.
- If time permits students can share comments.
- Key Qs: How might you change the recipes, why do/don't you like it, were there any strong flavors or textures?

CLEAN UP & DIMISSAL

🕒 5 min

- Clean up the classroom. Allocate roles such as putting scraps and left overs in the trash, creating a pile of all chopping boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it.
- Dismiss in an orderly line and collect signatures from parents.