

VEGGIE CASSEROLE

Ingredient	Students Per Class		
	10	15	20
Enchilada sauce	1	1 1/2	2
Tortillas 	10	15	20
Bell pepper	1	1 1/2	2
Canned corn	1	1 1/2	2
Canned black beans	1	1 1/2	2
Mexican blend cheese	1 1/4 cup	2 cups	2 1/2 cups

 **Make sure it is PEANUT, NUT, and SESAME FREE**

PREP BEFORE CLASS:

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



CAPRESE SKEWERS WITH BALSAMIC VINAIGRETTE

Ingredient	Students Per Class		
	10	15	20
Cherry tomatoes	10 oz	15 oz	20 oz
Mozarella balls	4 oz	6 oz	8 oz
Basil	1.5 oz	2 oz	3 oz
Dressing			
Balsamic vinegar	1/4 cup	1/3 cup	1/2 cup
Honey or maple syrup	1 tsp	1 1/2 tsp	2 tsp
Garlic clove	1	2	3
Salt	1/2 tsp	1 tsp	1 1/2 tsp
Black pepper	1/2 tsp	1 tsp	1 1/2 tsp
Olive oil	1/4 cup	1/3 cup	1/2 cup

Other: cocktail skewers

 **Make sure it is PEANUT, NUT, and SESAME FREE**

PREP BEFORE CLASS:

Wash tomatoes and basil

Directions:

1. Assemble tomatoes, basil and mozzarella balls on medium-sized cocktail skewer or toothpick.
2. To make balsamic vinaigrette, in a small bowl, whisk together the vinegar, honey, garlic, salt, and several grinds of pepper.
3. Drizzle in the olive oil while whisking and continue to whisk until the dressing is emulsified
4. Drizzle over the caprese skewers. Enjoy!

LESSON 21

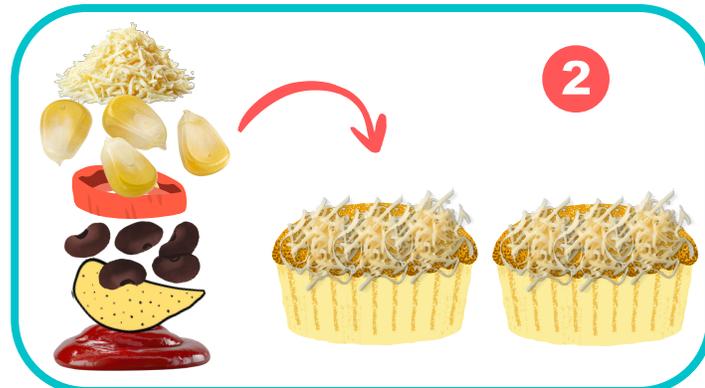
VEGGIE CASSEROLE

INGREDIENTS

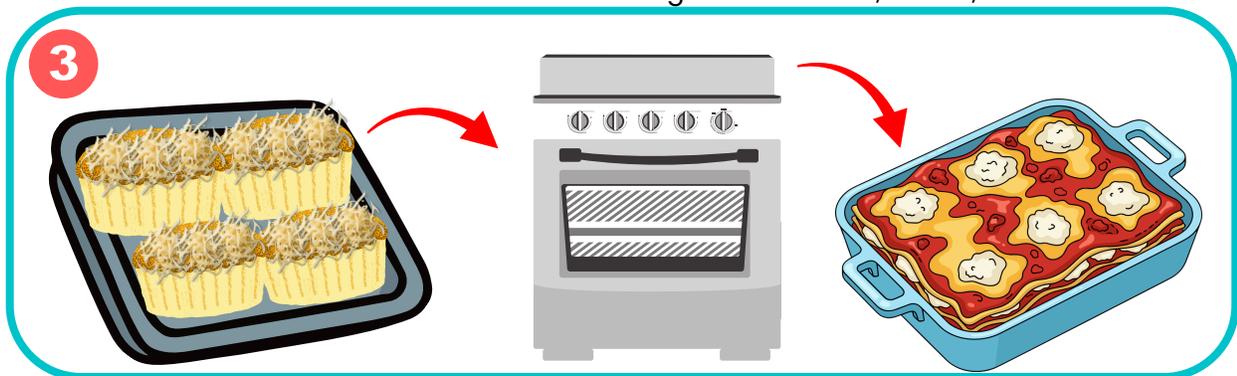
Enchilada Sauce
Tortillas
Bell Pepper
Canned Corn
Canned Black Beans
Mexican Blend Cheese



1 Have students cut their own tortilla into quarters and dice bell peppers



2 Have students add teaspoon of enchilada sauce into their muffin cup. Place tortilla quarter on top. Next add peppers, corn beans, and cheese. Top again with sauce, tortilla, and cheese.

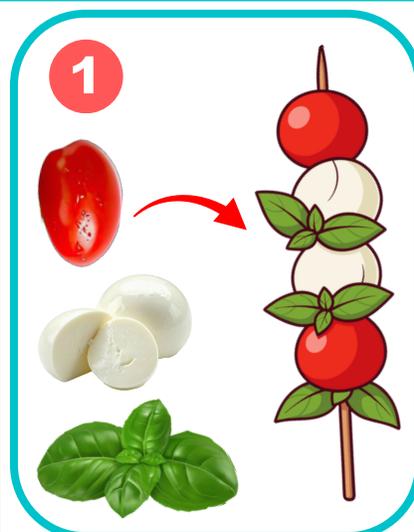


3 Put muffin tins on baking tray and bake in preheated 425 degree oven for 12-15 minutes. Let cool and enjoy!

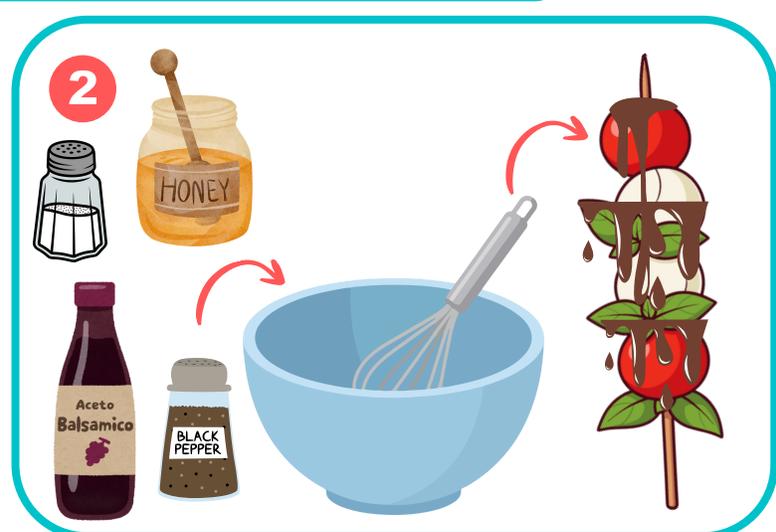
CAPRESE SKEWERS & BALSAMIC VINAIGRETTE

INGREDIENTS

Cherry Tomatoes
Mozzarella balls
Basil
Balsamic Vinegar
Honey or Maple Syrup
Garlic Clove
Salt
Pepper
Olive Oil



1 Assemble tomatoes, basil, and mozzarella onto skewers



2 Make dressing by whisking together vinegar, honey, garlic, salt, and pepper. Drizzle over skewers and enjoy!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Produce:

- Bell Pepper
- Cherry tomatoes
- Basil
- Garlic clove
- Cherry tomatoes
- Basil

Dairy:

- Mexican blend cheese (shredded)
- Mozzarella cheese (balls)

Other:

- Enchilada sauce
- Tortillas (NUT & SESAME FREE)
- Canned corn
- Canned black beans
- Balsamic vinegar
- Cocktail skewers
- Maple syrup (or honey from bin)

Ingredients in the bin:

- Honey (or maple syrup)
- Salt
- Black pepper
- Olive oil

OBJECTIVES

- Learn benefits of cherry tomatoes
- Practice the star technique—stacking!
- Measure various ingredients

INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum).
- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Have they previously had all of these ingredients, or is there a new item?
- Introduce the first recipe: Enchilada Casserole.
 - Ask the students what they think is the difference between the traditional style enchiladas versus casserole style?
- Introduce the second recipe: Caprese Skewers.
 - Ask the students if they've had other types of skewers before?

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!



ENGAGEMENT TIPS



While mixing or whisking, let each student have a turn. Count "1-2-3-4-5 PASS!" to keep it moving. Remind students to use their wrists to control the tool and avoid spills.



When students chop, review the bear claw technique for safety. Check in often and encourage them to chop ingredients finely and evenly.



In order to keep workstations as clean as possible, and to keep students busy between recipes, have them wipe down cutting boards with a paper towel and place knives in the sink.

LESSON 21: VEGETABLE VITALITY BITES

STAR INGREDIENT:

CHERRY TOMATOES

- Cherry tomatoes are little bite sized versions of the classic, large tomatoes!
- Cherry tomatoes originated in Mexico and thrive growing in warmer climates.
- Cherry tomatoes have a high nutrient content of vitamin A, E, C, and antioxidants that help your immune system fight and body fight disease
- Cherry tomatoes can come in varying colors: red, yellow orange, and purple-black!
- Cherry tomatoes have a high water content! The fruit is about 90-95% water, meaning they're also good for hydration!
- How do we use cherry tomatoes in recipes? In fresh salads, pasta sauce, roasted on fish, and more!

STAR TECHNIQUE: STACKING

- What do we do when we stack? We are arranging food in layers that usually involve a tool in between the ingredients
- Stacking doesn't have to involve just ingredients, we can stack pots and steamers to help cook multiple components of one meal simultaneously!
- What tools do we need to stack in today's recipe? Toothpicks
- What other recipes do we stack ingredients on top of each other?

DEVELOPMENT

🕒 5-7 min

- As you are completing the Enchilada Casserole, discuss how this recipe uses layering instead of rolling.
- Ask students what they notice about the tortillas as they soften in the sauce.
- Explain that casserole-style enchiladas build flavor by stacking tortillas, sauce, and cheese, similar to how lasagna is made.
 - Ask: Where else have you seen ingredients layered like this?
 - Discuss how layering helps the ingredients melt together and creates a warm, blended texture in every bite.
- As you begin the Caprese Skewers, discuss the Star Ingredient: Cherry Tomatoes.
 - Ask students what color cherry tomatoes they've tried before.
 - Explain that cherry tomatoes add flavor, color, and nutrition to recipes.
 - Discuss how they can be used in salads, pasta sauces, roasted dishes, and more.
- Discuss the star technique: Stacking.
 - Ask students what other foods they've seen stacked, like sandwiches, parfaits, or layered salads.



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.