

LESSON 6:

VEGGIE PINWHEELS AND CARROT PINEAPPLE SALAD

RAINBOW VEGGIE PINWHEELS

Serving Size: 12 servings

Ingredients:

- 2 bell peppers (red, yellow, or orange)
- 1 cup baby carrots
- 1 cup of baby spinach
- ¼ small head purple cabbage
- 8 oz cream cheese
- 12 small tortillas (NUT FREE)
- salt and pepper to taste

PREP BEFORE CLASS:

Wash veggies and cut into 12 pieces for distribution

Directions:

1. Pulse carrots in the small bowl of food processor until roughly shredded.
2. Pass a piece of bell pepper to each student
3. Demonstrate how to slice pepper into long strips and have the students repeat the task.
4. Pass a handful of cabbage and spinach to each student.
5. Pass a spreading knife with cream cheese and have students spread cream cheese on to their tortilla, almost out to the edges.
6. Have students arrange veggies in rows across the cream cheese. Instruct students to fold in corners and roll up each tortilla. Walk around and help all students tightly roll the wrap. If the ends don't stay shut, you can add a bit more cream cheese.
7. Cut crosswise into pinwheels and enjoy!



DID YOU KNOW?

Eating carrots can help keep your teeth and gums healthy because they're crunchy and full of fiber.



CARROT AND PINEAPPLE SALAD

Serving Size: 12 servings

Ingredients:

- 3 cups baby carrots
- 1 can crushed pineapple (or pineapple chunks, tidbits, etc.)
- 1/3 cup raisins
- 1/4 cup orange juice
- 1/2 inch ginger root, grated
- 1/2 lemon
- 1/8 tsp salt

PREP BEFORE CLASS:

Open can of pineapple, drain.

Directions:

1. Place baby carrots in food processor, shred. You may need to fill the food processor twice.
2. Place shredded carrots in a bowl.
3. Cut a lemon in half and juice it into a separate container. Note: this is a task for the instructor.
4. Have students measure and add orange juice, lemon juice, crushed pineapple, salt, ginger and raisins to the carrots.
5. Mix all ingredients in a large mixing bowl. Enjoy

LESSON 6: HERB AND SPICE PAIRINGS

OBJECTIVES

- Explain the health benefits of ginger
- Name two uses of ginger
- Name a spice or herb pairing used in cooking

SHOPPING LIST

Ingredients to buy:

- 2 bell peppers (red, yellow, or orange)
- 1 cup baby carrots
- 4 cups of baby spinach
- ¼ small head purple cabbage
- 8 oz cream cheese
- 12 small tortillas (NUT FREE)
- 1 can crushed pineapple (or pineapple chunks, tidbits, etc.)

Ingredients to buy (cont.):

- 1/3 cup raisins
- 1/4 cup orange juice
- 1/2 inch ginger root, grated
- 1/2 lemon

Ingredients in the bin:


- salt
- pepper

STAR INGREDIENT: GINGER




- Ginger is a flowering plant native to Southeast Asia, known for its distinct aroma and spicy flavor.
- The word "ginger" comes from the Sanskrit word "srngaveram," which means "horn root," referring to its shape
- Anti-inflammatory properties: Ginger contains compounds that have anti-inflammatory effects, which can help reduce inflammation in the body.
- Immune support: Ginger has immune-boosting properties and is often used to help support the immune system during cold and flu seasons.
- Soothing for sore throat: Ginger has a warming effect and can provide relief for sore throat and cough symptoms.
- Antioxidant effects: Ginger contains antioxidants that help protect the body against damage from free radicals.

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
- 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 something here unfamiliar?
- Now that we are familiar with many herbs and spices, a really fun thing to do is combine them to create great new flavors! Do you know any combinations already?

DEVELOPMENT

 5-7 min

- Spice pairings are like magical combinations that bring out the best flavors in food!
- When certain spices are mixed together, they create a symphony of tastes that can make your meals extra special. For example, cinnamon and nutmeg go hand in hand, adding warmth and sweetness to baked goods like apple pie or oatmeal. Cumin and paprika create a smoky and earthy flavor that pairs perfectly with dishes like chili or tacos. Garlic powder and oregano work together to give Italian dishes, such as pasta or pizza, their distinctive and savory taste. So, by exploring spice pairings, you can unlock a world of exciting flavors that will make your taste buds dance with delight!

LESSON 6:

HERB AND SPICE PAIRINGS

GINGER USES

- Culinary applications: Ginger can be used in both savory and sweet dishes. It adds a zesty and slightly spicy flavor to stir-fries, curries, soups, marinades, and sauces.
- Baked goods and desserts: Ginger is commonly used in baking, particularly in gingerbread, ginger cookies, cakes, and muffins, adding a warm and aromatic taste.
- Herbal teas: Ginger can be steeped in hot water to make a soothing and invigorating tea. It can be enjoyed on its own or combined with other herbs or flavors like lemon or honey.


DEVELOPMENT (CONT.)

- Spice blends can also be regional and connected with the cuisines of different cultures.
 - "Herbes de Provence" from France includes thyme, rosemary, oregano, and lavender dried herbs
 - Chinese five spice which is used in many dishes and has cinnamon, cloves, star anise, fennel seeds, and Szechuan peppercorns.
 - Japan Shichimi Togarashi - Literally translating to "seven flavor chile pepper" - has chiles & black peppercorns for heat, along with seaweed & orange peel
 - Middle East Za'atar has freshly ground sumac berries, toasted sesame seeds and dried thyme and flaky sea salt
 - Jamaican Jerk Seasoning is a amazing blend of Jamaican allspice berries, black peppercorns, and dried thyme.
- What are some of your favorite cuisines? Can you identify specific spices and herbs used in your favorite foods?

STAR TECHNIQUE: KNIFE SKILLS

- Chop: Imagine you have a magic wand, but instead of casting spells, you use it to cut things. With a chop, you hold your magic wand (knife) and use a quick downward motion to make small, even pieces. Just be careful to keep your fingers away from the sharp end of the wand!
- Slice: Pretend you're a superhero with a super-sharp laser vision. To slice, you use your laser vision (knife) to make thin, flat pieces of food. Slowly move your laser vision across the food
- Dice: Imagine you're building a tasty food tower with building blocks. When you dice, you use your special food knife to cut the food into small, uniform cubes.
- Julienne: to julienne, you use your magic knife to make long, thin strips of food. It's like creating yummy food ribbons that add a special touch to your dish

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