

GREEK SALAD

Serving Size: 12 servings

Ingredients:

- 1 English cucumber, cut lengthwise, and sliced ¼-inch thick
- 1 green bell pepper, chopped into 1-inch pieces
- 1 box 12 oz box of cherry tomatoes or 2 medium tomatoes
- 5 ounces feta cheese, cut into ½ inch cubes*
- ⅓ cup pitted Kalamata olives
- ⅓ cup parsley

Dressing:

- ¼ cup extra-virgin olive oil
- 3 tablespoons white vinegar
- 1 garlic clove, minced
- ¼ teaspoon sea salt
- Freshly ground black pepper

PREP BEFORE CLASS:

Wash all veggies

Directions:

1. Chop all ingredients as directed in the ingredient list. Remind students proper knife techniques.
2. Make the dressing by whisking all ingredients in a mixing bowl.
3. Drizzle the dressing over the salad generously.
4. Top with chopped mint, mix and enjoy!



DID YOU KNOW?

Greek Yogurt is actually Turkish and it is a superfood!

GREEK YOGURT CHOCOLATE "PUDDING"

Makes 12 servings, 1/4 cup per student

Ingredients:

- 3 cups Greek yogurt
- ¾ cup heavy cream
- ½ cup cocoa (NUT FREE)
- 6 tbsp of honey (plus more to taste to drizzle)
- 1 tbsp vanilla extract
- pinch of salt
- 12 cups for serving

Toppings:

- chocolate chips (NUT FREE)/or grated chocolate (NUT FREE)

Directions:

1. Measure all the ingredients in a blender and whip until fluffy and glossy
2. Arrange in cups
3. Top with chocolate chips or grate chocolate on top
4. Drizzle with more honey, if desired
5. Enjoy!

DID YOU KNOW?

Greek yogurt is yogurt that has been strained to remove its whey, resulting in a thicker consistency.

LESSON 10: HEALTHY HERBS

OBJECTIVES

- Identify two types of herbs that can be used in cooking
- Explain the technique of mixing
- Identify a health benefit of herbs

STAR TECHNIQUE: MIXING

- Mixing means using a utensil to combine two or more ingredients until they become one product.
- What tools do you usually use to mix? Spoon, spatula, stand mixer, hand mixer.
- What food do you usually mix? All ingredients can be mixed!
- Why mix? Incorporating different ingredients to make one product can give you a variety of different flavors and textures!



SHOPPING LIST


Ingredients to buy:

- 1 English cucumber
- 1 green bell pepper
- 1 box 12 oz box of cherry tomatoes or 2 medium tomatoes
- 1/3 cup green onions
- 1/3 cup pitted kalamata olives
- 1/3 cup parsley
- 1 garlic clove, minced
- 5 ounces feta cheese
- 3 cups Greek yogurt
- 3/4 cup heavy cream
- 3 tablespoons white vinegar
- 1/2 cup cocoa (NUT FREE)
- chocolate chips (NUT FREE) OR grated chocolate (NUT FREE)

Ingredients in the bin:

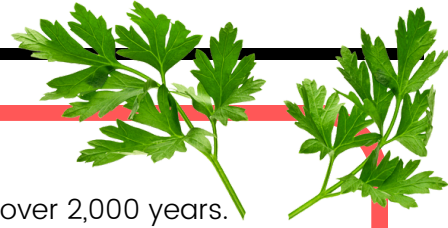
- olive oil
- salt
- pepper
- honey
- vanilla

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.
- Ask students if they can identify what an herb is. An herb is a plant or a part of a plant that is used for its medicinal, culinary, or aromatic properties.
- Herbs are typically derived from the leafy or flowering parts of plants, although certain herbs can also include stems, roots, or seeds.
- Herbs have been cultivated and used by various cultures around the world for thousands of years. They are often used in cooking to add flavor, aroma, and depth to dishes. Common culinary herbs include basil, thyme, rosemary, cilantro, mint, and parsley.
- We are going to learn more about herbs in today's lesson!

LESSON 10: HEALTHY HERBS



STAR INGREDIENT: PARSLEY


- Parsley is native to the Mediterranean region and has been cultivated for over 2,000 years.
- The name "parsley" is derived from the Greek word "petroselinon," which means "rock celery."
- There are two main types of parsley: curly leaf parsley and flat-leaf parsley. Both varieties have a mild and fresh flavor.
- Parsley is a rich source of vitamins A, C, and K, as well as minerals like iron and potassium.
- Anti-inflammatory effects: Some compounds found in parsley have shown anti-inflammatory properties, which may help reduce inflammation in the body.
- Digestive support: Parsley has been used to support healthy digestion, alleviate bloating, and freshen breath.



PARSLEY USES

- Culinary applications: Parsley is a versatile herb that can be used in various dishes. It adds a fresh and herbaceous flavor to salads, soups, sauces, marinades, and pasta dishes.
- Garnish: Fresh parsley leaves are often used as a garnish to enhance the appearance and add a pop of color to the plate.
- Herb butter and spreads: Parsley can be finely chopped and mixed with butter or cream cheese to make flavorful spreads for bread, crackers, or sandwiches.

DEVELOPMENT

 5-7 min

- Herbs provide flavor, aroma, and also health benefits! Many herbs have properties that help keep our bodies healthy and strong!
- Many herbs are rich in vitamins, minerals, and antioxidants. For example:
 - chamomile has soothing properties that can aid in reducing anxiety and promoting relaxation.
 - Ginger is known for its anti-inflammatory properties, which can help alleviate digestive issues and reduce nausea.
 - Turmeric contains curcumin, a compound with powerful antioxidant and anti-inflammatory effects.
- Herbs can also contribute to improved digestion and gut health. Certain herbs, such as peppermint and fennel, have been traditionally used to alleviate symptoms of indigestion, bloating, and stomach discomfort.
- Many herbs possess immune-enhancing properties that can strengthen the body's natural defense mechanisms.

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