

# GREEN BEAN FRIES & CHOCOLATE BANANA SMOOTHIE

## GREEN BEAN FRIES

Ingredient	Students Per Class		
	10	15	20
Green beans	1 lb	1 1/2	2 lb
Mayonnaise	1/3 cup	1/2 cup	2/3 cup
Parmesan cheese, grated	1/3 cup	1/2 cup	2/3 cup
Panko breadcrumbs 	1/2 cup	3/4 cup	1 cup
Ketchup (for dipping)	1/3 cup	1/2 cup	2/3 cup

Other: Salt and pepper to taste.

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

### PREP BEFORE CLASS:

Preheat oven to 425°F. Line baking sheet with foil, grease it with oil. Wash green beans and pat dry.

### Directions:

1. Distribute green beans to students and have them cut off the ends.
2. Have students measure mayonnaise, parmesan cheese, salt, and pepper and add to a small bowl. Give each student a chance to help stir until well combined.
3. Pass plastic spreading knives to each student with some of mayo and cheese mixture and have students spread it over their green beans.
4. Scoop slightly less than 1 tbsp of breadcrumbs onto each student's plate and have them roll beans covered in mayo in crumbs.
5. Place beans onto the baking sheet and bake 10-12 minutes or until lightly browned.
6. Serve green beans with remaining mayonnaise mixture or ketchup. Enjoy!



### DID YOU KNOW?

Green beans can grow on a bush or a vine.



### DID YOU KNOW?

Buttermilk is the leftover product of churning whole milk into butter.

## CHOCOLATE & BANANA BUTTERMILK SMOOTHIE

Ingredient	Students Per Class		
	10	15	20
Chopped bananas	2 cups	3 cups	4 cups
Buttermilk	1 1/2 cup	2 1/4 cup	3 cups
Ice cubes	1 cup	1 1/2 cup	2 cups
Honey	1/4 cup	6 tbsp	1/2 cup
Cocoa powder 	1/4 cup	1/4 cup	1/2 cup

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

### Directions:

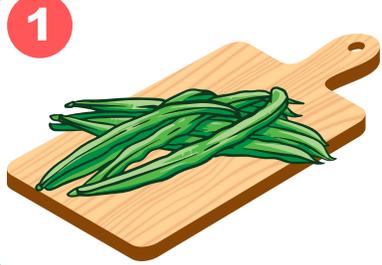
1. Divide up the bananas so that each student can practice slicing them.
2. Have students measure out all of the wet ingredients and put them in the blender
3. Blend the bananas, buttermilk, ice, honey, and cocoa until smooth
4. Serve over ice and enjoy!

# LESSON 19

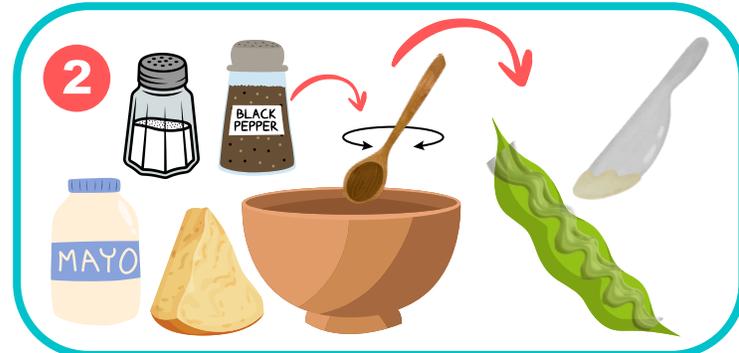
## GREEN BEAN FRIES

### INGREDIENTS

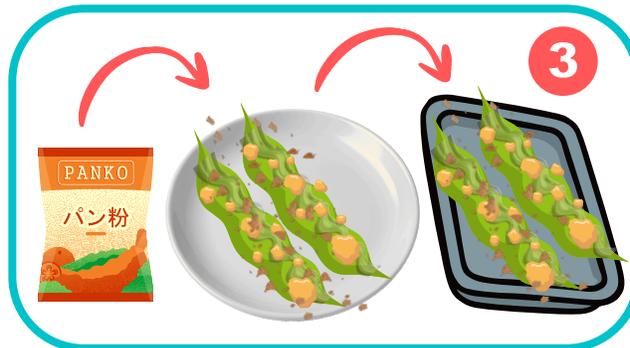
Green Beans  
Mayonnaise  
Parmesan Cheese  
Panko Breadcrumbs  
Ketchup  
Salt  
Pepper



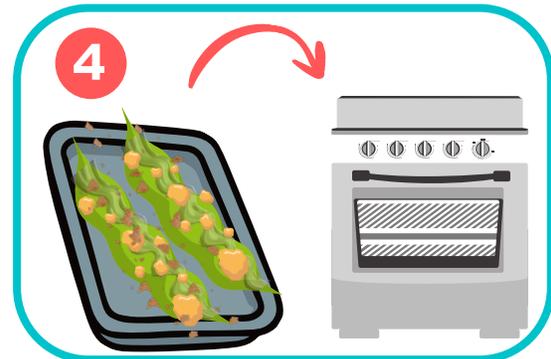
Have students cut the ends off the green beans



Measure and mix mayo, cheese, salt and pepper. Have students spread onto their green beans



Have students roll coated beans in panko and place onto baking sheet



In preheated 425 degree oven, bake beans for 10-12 minutes or until lightly brown. Serve with mayo mix and enjoy!

## CHOCOLATE & BANANA BUTTERMILK SMOOTHIE

### INGREDIENTS

Bananas  
Buttermilk  
Ice Cubes  
Honey  
Cocoa Powder



Have students slice bananas. Add the rest of the ingredients into the blender (buttermilk, honey, and cocoa) and blend until smooth. Serve over ice and enjoy!

## SHOPPING LIST

Please see recipe for amounts, varies by class size

### Ingredients to buy:

#### Produce

- Green beans
- Bananas

#### Condiments

- Mayonnaise
- Ketchup

#### Dairy

- Buttermilk
- Parmesan cheese, grated

#### Other

- Cocoa powder (NUT & SESAME FREE)
- Panko breadcrumbs (NUT & SESAME FREE)

### Ingredients in the bin:

- Salt
- Pepper
- Honey
- Cups for serving

## OBJECTIVES



Describe why green fruits and veggies are important to include in our diet



Demonstrate how to bread green beans



Explain what buttermilk is and give one example of how its used in cooking

## 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 there a new item?
- Introduce first recipe: Green Bean Fried.
  - Have you ever had a fry that wasn't made from a potato?
  - What shapes of fries have you had before?
- Introduce the second recipe: Chocolate Banana Buttermilk Smoothie.
  - Have the students ever heard of buttermilk before? What other recipes would use buttermilk?

## COOKING PRO

What other ingredients could we add to our smoothie? A smoothie can be very different colors depending on the ingredients. What fruits could you use to make a yellow smoothie? What about a purple smoothie? How about a red smoothie?



## STAR INGREDIENT: GREEN BEANS

- Green beans are legumes, legumes also include peas and lentils
- There are two different categories of green beans: Bush beans and Pole beans. Bush beans are the short bushy plants, while pole beans grow by climbing the vines
- There's a book about a character climbing a magical pole beanstalk: Jack and the Beanstalk!
- Did you know, green beans are technically a fruit? The bean contains seeds! However, in cooking the ingredient is usually treated as a vegetable for its savory flavor.



## DEVELOPMENT

 5-7 min

- As you are completing the Green Bean Fries, discuss the Star Technique: Breading.
  - Why might we bread the green beans rather than just baking them in the oven?
    - Breading will help create a crisp to our green bean fries - this will help prevent them from being soggy in texture and give a good crunch
- Discuss the star ingredient: Green Beans - we're making them into fries today!
- Did you know the green pigment found in green fruits and vegetables is called chlorophyll?
  - Chlorophyll in plants helps to capture energy from sunlight during photosynthesis.
- Why are green fruits and vegetables beneficial for us?
- When preparing the second recipe, Chocolate Banana Buttermilk Smoothie, ask the students if they've ever put buttermilk in their smoothies, and/or what type of milk/liquid they usually put in smoothies.
- Buttermilk brings a more rich flavor profile to the drink, while adding nutritional benefits such as calcium and phosphorus.

## STAR TECHNIQUE: BREADING

- Breading means to coat something with a batter, dough, or breadcrumbs, by using water, egg, milk, or a condiment to help the coating stick.
- What tools do you use to bread? Hands, spatula, bowls
- What types of food do you bread? Fries, fish, chicken, veggies, various appetizers (mozzarella sticks, mushrooms etc.)
- Do you fry or bake things that are breaded? Typically, you fry the things that have been breaded but it is much healthier to bake them! They can get just as crispy and delicious in the oven, with less fat or oil.

## ENGAGEMENT TIPS



While blending, ask students to listen very carefully to the sound of the blender. Some recipes, sound different when they are ready-the blender sounds more high-pitched the harder it needs to work! Have students raise their hands when they think they hear a different noise!



Introduce (or re-introduce) the blender dance! When the blender is running, allow students to dance next to their chair. When the blender stops, they have to freeze!



When using a new herb or spice, let students feel and smell it. Ask what it reminds them of and what herbs or spices they know.

## 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