

LESSON 14:

CHEESY EGGLESS FRITTATA & BLUEBERRY LASSI

CHEESY EGGLESS FRITTATA

Ingredient	Students Per Class		
	10	15	20
Green onion	1/2 cup	3/4 cup	1 cup
Sweet peppers	2-3	3-4	4-5
Shredded hash brown (frozen)	1 1/2 cup	2 1/4 cup	3 cups
Colby jack cheese	1/2 cup	3/4 cup	1 cup
Milk	1 cup	1 1/2 cup	2 cups
Avocado	2	3	4
Lime	2	3	4
Salt	2 tsp	3 tsp	4 tsp
Pepper	1 tsp	1 1/2 tsp	2 tsp

Other: Foil baking cups

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

PREP BEFORE CLASS:

Wash green onions and peppers. Cut peppers into equal slices and green onion in half. Cut lime into 1/8 sections. Preheat oven to 400 degrees F. Grease baking cups with olive oil and distribute one to each student.

Directions:

1. Pass a slice of pepper and green onion to each student and instruct them to dice into small pieces.
2. Have students measure and combine, green onion, peppers, hash brown, cheese, and milk in a bowl and mix.
3. Help students pour 1/4 cup mixture in their foil baking cups.
4. Have students top their frittata with 1/2 tbsp cheese.
5. Collect and bake for 30 minutes
6. While the frittatas are baking, demonstrate to students how to pit an avocado. Cut avocado into 1/8 pieces and distribute to students.
7. Instruct students to mash avocado into a bowl and top with lime juice, salt and pinch of pepper.
8. Once muffins are done, cool, top with avocado and serve. Enjoy!



DID YOU KNOW?

There are over 1,800 different kinds of cheese!

BLUEBERRY LASSI

Ingredient	Students Per Class		
	10	15	20
Milk	2 cup	3 cup	4 cup
Plain nonfat yogurt	2 cup	3 cup	4 cup
Honey	2 tbsp	3 tbsp	4 tbsp
Mint leaves	~1/4 cup	~1/3 cup	~1/2 cup
Choose one:			
Frozen Blueberries	2 cup	3 cup	4 cup
Fresh Blueberries	2 cup	3 cup	4 cup
Other: Cups for serving.			

PREP BEFORE CLASS:

Wash mint. Prepare the blender.

Directions:

1. Have students measure out blueberries and add them to a blender.
2. Measure and add milk, yogurt, and honey to the blender.
3. Add a few mint leaves to the blender.
4. Blend all until smooth.
5. Can add mint as a garnish (1-2 leaves)
6. Enjoy!

DID YOU KNOW?

Lassi is a popular Indian drink that can be savory or sweet!

LESSON 14

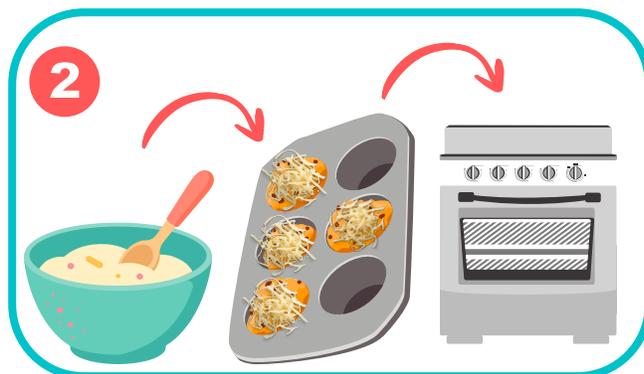
CHEESY EGGLESS FRITATA

INGREDIENTS

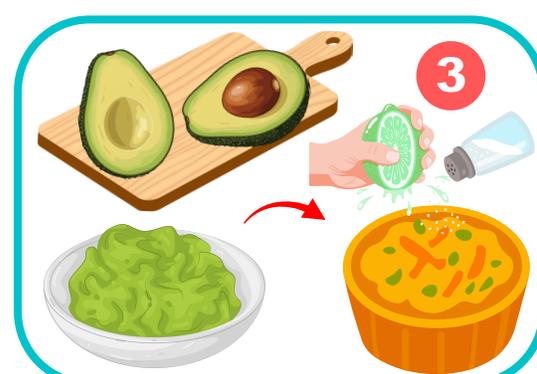
- Green Onion
- Sweet Peppers
- Shredded Hash Browns
- Colby Jack Cheese
- Milk
- Avocado
- Lime
- Salt
- Pepper



Have students dice pepper and green onion into small pieces and put into mixing bowl. Measure and add into the same bowl hash browns, cheese, and milk and mix to combine



Pour mixture into muffin cups and add cheese if desired. Bake at preheated 400 degree oven for 30 minutes



While cooking, demonstrate how to pit an avocado. Have students mash the avocado. Top onto cooled frittata with salt, pepper, and lime juice and enjoy!

BLUEBERRY LASSI

INGREDIENTS

- Milk
- Plain Yogurt
- Honey
- Mint Leaves
- Blueberries
- Cups



Blend all ingredients together until smooth. Pour into individual cups, garnish with a mint leaf, and enjoy!

LESSON 14: GROW AND GLOW FUEL

Ingredients to buy:

Produce:

- Green onions
- Sweet peppers
- Avocados
- Limes
- Mint leaves
- Blueberries

SHOPPING LIST

Please see recipe for amounts, varies by class size

Dairy:

- Shredded Colby jack cheese
- Cheddar cheese slices
- Milk
- Plain nonfat yogurt

Frozen:

- Shredded hash browns
- Blueberries

Ingredients in the bin:

- Salt
- Pepper
- Olive Oil
- Honey

Other:

- Foil baking cups
- Cups for serving

OBJECTIVES

- Name at least two vegetables used
- Discuss how mint not only enhances flavor but also adds nutrients.
- Explain how cheese provides protein and its benefits.

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!
- Introduce the first recipe: Cheesy Eggless Frittata.
 - Ask the students if they have ever had a frittata before - usually during breakfast or brunch time
 - Explain how even though there are no eggs in the recipe, there's still ample amount of protein from the cheese! This is the "Grow" of "Grow and Glow Fuel"
- Introduce the second recipe: Blueberry Lassi.
 - Ask the students if they've ever had this type of drink. It's similar to a blueberry smoothie, but something that's a little different is the mint!
 - Mint isn't just for taste! Mint has vitamin A, iron, manganese, antioxidants, and fiber to help keep us "glowing!"

STAR INGREDIENT: CHEESE

- What is cheese? Cheese is a dairy food made from milk. It can be soft or hard, and it comes in many flavors and shapes—like slices, cubes, or shredded.
- Where does cheese come from? Cheese is made from milk, usually from cows, goats, or sheep! Many types of cheese come from different countries.
- Why is cheese good for us?
 - Calcium – Helps build strong bones and teeth
 - Protein – Helps muscles grow and stay strong
 - Vitamin B12 – Important for our brain and energy levels



LESSON 14: GROW AND GLOW FUEL

STAR TECHNIQUE: WASHING

- We wash many foods: fresh fruit, fresh vegetables, and fresh herbs
- Why is it important to wash your ingredients? Washing ingredients before preparing the dish will help discard any bacteria, pesticides, and dirt that were acquired during production, shipment, and handling
- What foods should you not wash? Raw eggs, raw meat and poultry
- How to wash your ingredients: Run the ingredient under cold or lukewarm water and rub your hands and fingers around to get rid of unwanted germs



COOKING PRO: MELTING CHEESE

Cheese melts best when it's shredded! If you're adding it to a hot pan or warm tortilla, sprinkle it evenly so it melts faster and sticks to the other ingredients.

DEVELOPMENT

 5-7 min

- As you are completing the Cheesy Eggless Frittatas, discuss the Star Ingredient- Cheese.
- Ask the students:
 - What does cheese taste like?
 - Do you like cheese melted or cold?
 - What is your favorite type of cheese?
- Talk about how cheese gives us calcium for strong bones and teeth and helps our muscles grow. Point out how many breakfast foods—like omelets, toast, or wraps—can be made even better with cheese!
- Discuss the star technique - Washing.
- Before class, we washed all the fresh produce to get the germs and dirt off. Explain to the class how washing your produce has the same concept of washing your hands!
 - There are some produce that claims on the packaging that it has been pre-washed. It's still a good idea to wash the produce just incase something happened during production and transportation!

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.



Introduce the blender dance! When the blender is running to mix the smoothie students dance. When it stops, they freeze.

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