

Lesson 3A Silly Southwestern Salad

Materials Required:

- Microwave safe bowls
- Measuring utensils
- Serving spoons
- Plates
- Cleaning supplies
- Napkins and utensils for students to eat with

1) Wash hands, ensure *mise en place*, and start recipe

Recipe:

Ingredients: Cooked beef crumbles, diced onions, fiesta black beans, chili powder, cumin, lettuce, diced tomato, shredded cheese, guac, sour cream

1. Place 1 cup lettuce on individual plates, creating a bed of lettuce and set aside.
2. Prepare beef and beans: Teacher may want to cook all beef crumbles together in a large microwave-safe dish, and the beans in another dish, and then have students add each individual serving size amounts to their own salad
3. For each serving, mix $\frac{1}{2}$ cup of beef crumbles with 2 TBSP diced onions, pinch of chili powder and cumin together and heat for 2-3 minutes or until hot
4. For each serving, heat $\frac{1}{2}$ cup fiesta beans until hot (2-3 min)
5. Spoon $\frac{1}{2}$ cup beans and $\frac{1}{2}$ cup seasoned beef onto bed of lettuce
6. Top with 4 TBSP tomato, 2 TBSP cheese and add guacamole and sour cream to taste

2) Quick Review: Culinary Skill: FIFO (First in and first out)

- a. Practice FIFO (First-IN, First-OUT) – a basic rule of food rotation that protects quality and freshness. Rotate foods so the first products you see on the shelf in storage (IN) are the first products used (OUT) to minimize spoilage and waste. (Older foods should be in the front and newer purchases should be in the back.)
- b. Store cans in a cool and dry place – not near hot places or in direct sunlight. Keep them dry to avoid rusting which can lead to leaks and spoiled food.
- c. Do not eat food from cans that are bulging or swollen, leaking, or dented at the seam or rim – that can let air or bacteria to enter the can. When in doubt, throw it out!
- d. Most canned foods need to be refrigerated after they are opened, and you should pour the contents into an air-tight plastic or glass container and refrigerate. Use most foods within 2-3 days, although tomato sauce and fruits can last up to 7 days.
- e. The numbers on a can are a manufacturer code. Do not confuse this code with a best before date unless it says “best before” or “BB” before a date. Canned food is

generally safe if consumed past this date, but the quality (flavor, texture, appearance) may not be as good. It should still be wholesome to eat.

- f. You should clean the lid of a canned food before opening it.
- g. Make sure the can opener is clean also.
- h. Be careful with the edges of an opened can and lid – they are very sharp and can easily cut you.

3) Clean Up

Optional activities for this lesson (see back of booklet):

- Physical Activity: Move to Learn: Eat Right for Health Video