

TRAIL MIX

Yield: 2 servings

Skills learned: elementary measuring, sharing, closing resealable bag

Equipment: 1 resealable plastic bag

Ingredients:

1 handful cashew nuts

2 handfuls raisins

3 handfuls toasted whole grain oat cereal

Directions:

1. Open plastic bag. Place bag on table or counter.
2. Put 1 handful of cashews in the bag.
3. Add 2 handfuls of raisins.
4. Add 3 handfuls of cereal.
5. Close the bag by pinching the sealing strips together and rubbing fingers along to feel it seal. Strips may be pressed against the table with fingers to help it close. Carefully turn bag upside down to make sure it is closed.
6. Hold one corner of the bag. Shake the bag. Hold opposite corner. Shake.
7. Open the bag. Share with a friend.

Variety Trail Mix

Ingredients may be added or substituted. In place of raisins, try chopped dried pineapple, dried mango pieces, or sliced dried bananas. In place of cashews try almonds, hazelnuts (filberts), walnuts, peanuts, shelled sunflower seeds, or pumpkin seeds.



STUFFED DATES

Yield: 10 to share with a friend

Equipment: plate, paring knife

Ingredients:

10 dates

10 nuts: almond, Brazil, pecan, or cashew

Directions:

1. Place dates on plate. Put knife on a date lengthwise. Use your non-knife hand to make a bridge with your thumb and index finger over the knife down to the sides of the date to keep it from rolling.
2. Cut half-way through, enough to open the date. Open dates to check for pits. Remove any pits or stems.
3. Put one nut in each date. Close dates. Arrange dates on plate.



Level Three

FAMILY CHILI

Yield: 8 cups

Equipment: **can opener, cutting board, chef's knife, serrated knife, large pot with lid, flat-ended wooden spoon, scraping spatula, serving spoon, liquid measuring cup, dry measuring cups set, measuring spoons set**



Ingredients:

1 15-ounce can tomato sauce

1 15-ounce can kidney beans

1 celery stalk

1 small onion

2 Tablespoons olive oil

1 medium tomato

1 cup frozen cut corn

2 cups vegetable stock or water

1 cup textured vegetable protein (TVP)

2 teaspoons chili powder

1 teaspoon cumin powder

Level Three

Directions:

1. Wash tops of cans of tomato sauce and beans. Open cans. Set aside.
2. Wash celery, onion, and tomato.
3. Break and string the celery. Trim off the ends. Thinly slice celery. Place celery in large pot.
4. Peel, chop, and fry onion (p. 113) with celery and oil in the pot until onion becomes translucent with slightly browned edges. If eyes burn from chopping onion, take a break before frying to wash the cutting board and knife to remove onion residue right away.
5. Add tomato sauce and kidney beans (including liquid) to the pot. Use scraping spatula to remove the end of the can contents.
6. Cut tomato into pieces using the serrated knife. Add tomato to the pot.
7. Measure and add remaining ingredients to the pot: corn, vegetable stock, TVP, chili powder, and cumin powder. Stir.
8. When chili begins to bubble, put lid on pot. Reduce heat to low. Continue cooking for 45 minutes to allow the flavors to blend; stir occasionally.

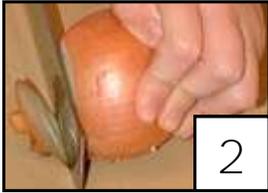
Serving: Use a ladle to spoon chili into small bowls. Goes great with bread, cornbread, rice, or potatoes.

Note: If TVP is not available, use 1 pound ground meat substitute. Chop it. Do not use vegetable stock or water. Recipe will yield 6 cups.



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How to Cut and Fry an Onion



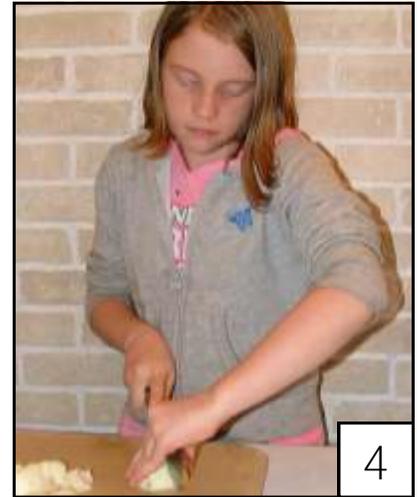
1. Wash onion.
2. Cut off stem end of the onion, leave the root. Stand onion on cut end. Bridge onion and cut in half through the root.

3. Peel onion by removing brown papery outer layer, the thick next layer, and a transparent thin film.

4. Place onion halves flat side down on cutting board. Bridge and cut onion. Rotate onion 90 degrees, cut at least twice to chop onion; cut off root.

5. Put onion in pot. Add oil.

6. Turn on stove vent fan. Set burner to medium-high heat. Stir onion with flat-ended wooden spoon. Fry 5 to 10 minutes until onion is translucent. If oil spatters or smokes, reduce heat.



Caution: Hot oil should sizzle, not smoke. Smoke means heat is too high. Remove from heat and put lid on pot to reduce possibility of fire.

Tricks for crying less: Never touch your face while cooking, especially working with onions. Soak onion in ice water for five minutes after peeling, or at least rewash under cold water. Wear swimming goggles. Try not to put face directly above onion because vapors rise. Use celery or bell pepper instead of onion.



1. What are the ends of the onion called?
2. What is the homophone to shoot?
3. What is the homonym to shoot?
4. What is the homophone to root?
5. What part of the plant is an onion?

1. shoot and root
2. chute (slide)
3. shoot (a gun)
4. route (course)
5. bulb