GRADES 5+

COOKING 2



COOKING 2



Created by

THE GOOD AND THE BEAUTIFUL TEAM

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COOKING 2

SUPPLIES NEEDED

- *Cooking 2* course book
- Device to access videos (highly recommended)
- Cooking tools and ingredients (see lesson-by-lesson supplies lists)
- Have on hand for all lessons:
  - Oven mitts
  - Kitchen timer

COURSE OVERVIEW

Cooking 2 consists of 20 lessons divided into five units. While *Cooking 1* is not a prerequisite to *Cooking 2*, we do strongly suggest that students complete *Cooking 1* first to build a solid foundation of skills. Each *Cooking 2* lesson contains at least one, often two, and sometimes three recipes that the student will prepare. The course is designed to be completed by the student independently, but parents/guardians can choose to be as involved in the lessons as they would like. We do recommend parents ensure all equipment and ingredients are on hand before the student begins each lesson. It is especially important to make sure the child has a SHARP chef's knife. Parental supervision is suggested for lessons that require using knives, stoves, or ovens.

LESSON OVERVIEW

Each lesson introduces a new cooking method, preparation method, or ingredient; provides written activities to reinforce the concepts taught; and presents one to three cooking activities with step-by-step photographs for hands-on practice. Review of concepts taught in *Cooking 1* is included throughout the lessons. Where additional instruction for a cooking method might be helpful, a video is provided. We encourage students to try each recipe multiple times to build their confidence in the kitchen. Please note that many "Let's Cook!" activities are followed by a "More Ideas" section. These are meant to serve as inspiration for new things to try the next time the student makes the recipe.

GETTING STARTED

Simply open the course book and begin reading! Students will read each section in a lesson and complete the written activities before moving on to the hands-on "Let's Cook!" activities. Students may choose to watch the video lessons when they are provided or to read just the written lesson. Please note that videos may contain material that is not included in the written lesson.

FREQUENTLY ASKED QUESTIONS

How many lessons should my student do each week?
There are 20 lessons in the course. Many families choose to complete 1 to 2 lessons per week.

How long do lessons take?
Most lessons will take 1–1.5 hours to complete, including cooking time. While lessons are structured to keep students working on other steps during cooking times, there will occasionally be some downtime when students can clean up the kitchen or switch to another project for 20–40 minutes.

What if my child struggles with a recipe?
Parents can be as involved as they need to be in any individual lesson. Students should also learn that cooking takes practice! All cooks make mistakes at some point. Should the student find that a recipe did not turn out as they wished, encourage them to try it again (and possibly again)!

Does my student have to watch the videos?
Videos are included only in lessons where additional instruction may be helpful, such as when making pie crust. If the student is confident in their abilities after reading the written lesson, they may skip the video.

How many servings is each recipe?
Most "Let's Cook!" activities will serve 2–4 or 4–6 people.

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LESSON-BY-LESSON SUPPLIES

Lesson 1

- Large mixing bowl
- Measuring cups
- Liquid measuring cup
- Small pot with lid
- Fork
- Chef's knife
- Cutting board
- Fine-mesh strainer
- Medium saucepan with lid
- Wooden spoon
- Measuring spoons
- 2 cups medium- or long-grain white rice or brown rice
- 3–4 cups water
- 1 ½ cups long-grain white rice
- 2 tablespoons unsalted butter
- ½ white onion
- 3 cloves garlic
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 ¼ cups chicken or vegetable broth
- ¼ cup chopped fresh parsley

Lesson 2

- Small bowl
- Whisk
- Vegetable peeler
- Chef's knife
- Cutting board
- 12-inch skillet or wok
- Measuring spoons
- Measuring cups
- Turner spatula
- Plate
- Large bowl (if using skillet)
- 3 tablespoons canola oil
- 2 large eggs
- 2 carrots
- 1 white onion
- ½ cup frozen peas
- 3 cloves garlic
- Salt and black pepper
- 4 cups cooked and chilled rice
- 4–5 tablespoons soy sauce, or more to taste
- 1 ½ teaspoons toasted sesame oil
- 2 green onions

Lesson 3

- Liquid measuring cup
- Small saucepan with lid
- Measuring cups
- Measuring spoons
- Wooden spoon
- Clean dish towel
- Fork
- Chef's knife
- Cutting board
- Strainer
- Citrus juicer (optional)
- Small bowl
- Whisk
- Large bowl
- 2 cups chicken or vegetable broth or water
- 1 cup white quinoa
- 1 ¼ teaspoons salt, plus more to taste
- ¼ teaspoon black pepper, plus more to taste
- ¼ cup extra-virgin olive oil
- 2 limes
- 2 teaspoons ground cumin
- 1 ½ cups cherry tomatoes
- ½ red onion
- 1 cup diced cucumber
- ½ cup crumbled feta cheese
- 1 (15-ounce) can black beans
- 5 green onions
- ¼ cup chopped fresh cilantro

Lesson 4

- Medium saucepan with lid
- Liquid measuring cup
- Measuring cups
- Measuring spoons
- Whisk
- Knife
- 4 cups water, or 2 cups water and 2 cups milk
- 1 cup yellow cornmeal or stone-ground grits
- 1 ½ teaspoons salt
- 4 tablespoons unsalted butter

Lesson 5

- Cutting board (for meat only)
- Chef's knife
- Paper towels
- Plastic wrap
- Meat mallet or heavy-bottomed skillet
- Measuring spoons
- 10-inch skillet
- Tongs
- Meat thermometer or instant-read thermometer
- 2 large plates
- Measuring cups
- 2 pie plates (or other shallow dishes)
- Whisk
- 2 (6- to 8-ounce) boneless skinless chicken breasts
- 1 teaspoon salt
- ⅛ teaspoon black pepper
- 3 tablespoons vegetable oil
- ½ cup panko breadcrumbs
- 1 large egg

Lesson 6

- Cutting board
- Chef's knife
- Box grater
- 10-inch skillet
- Measuring spoons
- Wooden spoon
- Large bowl (stainless steel, glass, or plastic)
- Whisk
- Citrus juicer (optional)
- Measuring cups
- Liquid measuring cup
- Cutting board (for meat only)
- Plastic wrap
- Rimmed baking sheet
- Aluminum foil
- Oven-safe wire rack

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- Meat thermometer or instant-read thermometer
- Tongs
- Plate
- Serving platter
- Small bowl
- 2 tablespoons vegetable oil
- 5 garlic cloves
- 2-inch piece fresh ginger
- 1 tablespoon garam masala (optional)
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 2 teaspoons paprika
- 2 cups plain whole-milk Greek yogurt
- 3 lemons
- 2 teaspoons salt, plus more to taste
- 12 chicken drumsticks (about 4 pounds)
- Cooking spray
- 2 tablespoons minced fresh cilantro

Lesson 7

- Small bowl
- Measuring spoons
- Cutting board (for meat only)
- Paper towels
- Aluminum foil or parchment paper
- Rimmed baking sheet
- Meat thermometer or instant-read thermometer
- 1 ½ teaspoons salt
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons black pepper
- 1 teaspoon paprika
- 3 pounds bone-in skin-on chicken thighs
- 2 tablespoons olive oil

Optional for barbecue sauce:

- Small saucepan
- Measuring spoons
- Measuring cups
- Liquid measuring cup
- Whisk
- Spoon
- ¾ cup ketchup
- ¼ cup apple cider vinegar
- 2 tablespoons Worcestershire sauce
- ½ cup packed light brown sugar
- 1 tablespoon yellow mustard
- ½ tablespoon paprika
- 1 teaspoon onion powder
- ½ teaspoon black pepper
- 1 teaspoon garlic powder
- ¼ cup water

Lesson 8

- Measuring cups
- Measuring spoons
- Box grater
- Large bowl
- Whisk
- Pastry cutter or 2 forks
- Wooden spoon
- Chef's knife
- Plastic wrap or parchment paper
- Cutting board
- Vegetable peeler
- Large pot with lid
- Liquid measuring cup
- Meat thermometer or instant-read thermometer
- Fine-mesh strainer
- Medium bowl
- Citrus juicer (optional)
- Rolling pin or heavy, smooth glass/cup
- 9-inch glass deep-dish pie plate (2 inches deep)
- Small knife, such as paring knife
- Fork
- Rimmed baking sheet
- Aluminum foil or parchment paper
- 1 ⅔ plus ½ cups all-purpose flour, plus more as needed
- ¾ teaspoon salt
- 1 ¼ cups unsalted butter
- ½ cup ice water, plus more as needed
- 1 ½ pounds boneless skinless chicken breasts and/or thighs
- 3 cups chicken broth
- 1 tablespoon vegetable oil
- 1 medium onion
- 3 medium carrots
- 2 small celery ribs
- ¼ teaspoon black pepper
- 1 cup whole milk
- 1 lemon
- 2 tablespoons minced fresh parsley
- ¾ cup frozen peas

Lesson 9

- Vegetable peeler
- Chef's knife
- Cutting board
- Medium saucepan with lid
- Liquid measuring cup
- Measuring spoons
- Colander
- Citrus juicer (optional)
- Wooden spoon
- Large pot with lid (large enough to fit steamer basket or fine-mesh strainer)
- Steamer basket or metal fine-mesh strainer
- Large bowl
- Measuring cups
- Box grater
- 1 pound carrots
- 2 ¼ teaspoons salt
- 1 tablespoon unsalted butter
- 1 lemon
- ⅛ teaspoon black pepper
- 1 tablespoon chopped fresh chives
- 1 ½ pounds broccoli
- ¼ red onion
- 3 tablespoons extra-virgin olive oil
- 1 lime
- ½ teaspoon ground cumin

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Lesson 10

- Chef's knife
- Cutting board
- Colander
- Large bowl
- Measuring spoons
- Paper towels
- 12-inch skillet with lid
- Wooden spoon
- Box grater
- Citrus juicer (optional)
- Fork
- Small bowl
- ¾ pound zucchini
- 1 teaspoon salt
- 6 ½ tablespoons extra-virgin olive oil
- 1 small onion
- 1 lemon
- ½ tablespoon minced fresh basil
- Black pepper, to taste
- 1 pound brussels sprouts
- ¼ cup finely grated Parmesan cheese

Lesson 11

- Chef's knife
- Cutting board
- Measuring spoons
- Measuring cups
- Rimmed baking sheet
- Aluminum foil or parchment paper
- Tongs
- Serving platter
- Fork
- Plate
- Wire rack
- Instant-read thermometer
- Paring knife (or other small knife)
- Clean dish towel
- Liquid measuring cup
- Vegetable peeler
- Large pot
- Wooden spoon
- Colander
- Large bowl
- Silicone spatula
- Turner spatula
- 1 bunch asparagus (about 1 pound)
- 4 tablespoons extra-virgin olive oil
- 1 tablespoon plus 1 ½ teaspoons salt
- ½ teaspoon black pepper
- ¼ cup finely grated Parmesan cheese
- 2 pounds russet potatoes, plus 1 russet potato
- 1 teaspoon vegetable oil
- Butter (for topping)
- Sour cream (for topping)
- ¼ teaspoon baking soda

Lesson 12

- Large bowl or clean sink
- Paper towels or salad spinner
- Chef's knife
- Cutting board
- Measuring spoons
- Liquid measuring cup
- Citrus juicer (optional)
- Large pot with lid
- Wooden spoon
- Measuring cups
- Large mixing bowl
- Small mixing bowl
- Whisk
- Tongs
- 2 bowls
- 1 ½ tablespoons extra-virgin olive oil
- ½ onion
- 2 garlic cloves
- ¼ teaspoon red pepper flakes (optional)
- ½ cup chicken or vegetable broth
- ½ cup water
- ⅛ plus ½ teaspoon salt, plus more to taste
- ½ pound kale plus ½ cup kale
- 1 lemon
- 1 ½ cups chopped romaine lettuce
- ⅔ cup plain Greek yogurt
- ½ cup buttermilk
- ¼ cup sour cream
- 1 shallot
- 1 tablespoon minced fresh parsley or 1 teaspoon dried parsley
- 1 tablespoon minced fresh dill or 1 teaspoon dried dill
- ¼ teaspoon black pepper, plus more to taste
- 2 slices bacon
- 1 sautéed chicken cutlet (optional)
- ½ cup cherry tomatoes
- ½ avocado
- 1 hard-boiled egg (optional)

Lesson 13

- Chef's knife
- Cutting board
- Vegetable peeler
- Measuring spoons
- Liquid measuring cup
- Large, heavy-bottomed pot with lid
- Tongs
- Plate
- Wooden spoon
- 2 forks
- Fine-mesh strainer
- Large bowl
- Spoon
- 3 tablespoons vegetable oil
- 4 pounds bone-in skin-on or split chicken breasts
- 2 medium onions
- 2 cloves garlic
- 2 teaspoons salt, plus more to taste
- 2 bay leaves
- 1 large carrot
- 1 celery rib
- ½ teaspoon dried thyme
- 2 cups egg noodles
- ¼ cup chopped fresh parsley
- Black pepper, to taste

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Lesson 14

- Chef's knife
- Cutting board
- Vegetable peeler
- Measuring spoons
- Liquid measuring cup
- Measuring cups
- 2 rimmed baking sheets
- Turner spatula
- Medium saucepan
- Wooden spoon
- Immersion blender or countertop blender
- Small bowl
- Hand mixer or whisk
- Ladle
- Bowls
- Spoon
- 1 (3-pound) butternut squash
- 1 carrot
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons unsalted butter
- 1 medium yellow onion
- 4 garlic cloves
- ⅛ teaspoon salt, plus more to taste
- 4 cups vegetable stock
- 2 sprigs fresh thyme
- 1 bay leaf
- Black pepper, to taste
- ¾ cup heavy whipping cream
- ¼ cup sour cream
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg

Lesson 15

- Chef's knife
- Cutting board
- Measuring spoons
- Can opener
- Liquid measuring cup
- Large bowl
- Large, heavy-bottomed pot
- Wooden spoon
- Ladle
- Bowls
- 2 pounds 85% lean ground beef
- 3 ½ teaspoons salt
- ¾ teaspoon baking soda (optional)
- 2 tablespoons olive oil
- 1 yellow onion
- 3 garlic cloves
- 1 teaspoon minced jalapeño (optional)
- 3 tablespoons tomato paste
- ½ teaspoon black pepper
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon unsweetened cocoa powder
- 2 teaspoons dried oregano
- 1 teaspoon paprika
- ¼ teaspoon cayenne pepper (optional)
- 2 (15-ounce) cans kidney beans
- 1 (28-ounce) can crushed tomatoes
- 2 cups beef stock
- 1 teaspoon apple cider vinegar
- Optional toppings: shredded cheese, sour cream, cilantro, red onion, avocado, peppers

Lesson 16

- Chef's knife
- Cutting board
- Measuring spoons
- Measuring cups
- Liquid measuring cup
- Can opener
- Large, heavy-bottomed pot with lid
- Wooden spoon
- Ladle
- Bowls
- Box grater
- 2 tablespoons extra-virgin olive oil
- 3 slices bacon
- 1 medium yellow onion
- 2 carrots
- 2 celery ribs
- 1 teaspoon salt, plus more to taste
- ¼ teaspoon black pepper, plus more to taste
- 3 cloves garlic
- 3 tablespoons tomato paste
- 1 (28-ounce) can diced tomatoes
- 1 (15-ounce) can cannellini beans
- 1 cup chopped green beans
- Parmesan rind or 2-square-inch chunk of Parmesan cheese
- 4 cups vegetable broth
- ¾ cup small pasta (elbows, shells, orecchiette)
- ½ cup chopped fresh basil
- Red pepper flakes (optional)
- ½ cup grated Parmesan cheese

Lesson 17

- Chef's knife
- Cutting board (for meat only)
- Paper towels
- Measuring spoons
- 12-inch cast-iron or stainless steel skillet
- Tongs
- Plate
- Spoon
- 2 (1-pound) boneless top sirloin steaks, 1 ¼ inches thick
- ½ teaspoon salt
- 2 tablespoons vegetable oil
- 2 tablespoons butter
- Fresh thyme (optional)
- Garlic cloves (optional)

Lesson 18

- Chef's knife
- Cutting board
- Cutting board (for meat only)
- Paper towels
- Measuring spoons
- Liquid measuring cup
- Dutch oven or oven-safe pot with lid
- Tongs
- Wooden spoon

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- 2 plates
- Aluminum foil
- Wide spoon
- Fork (optional)
- 1 (3- to 4-pound) chuck roast
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons olive oil
- 2 small white onions
- 6 carrots
- 6 garlic cloves
- 1 cup chicken stock
- 3 cups beef stock
- 3 sprigs fresh rosemary
- 3 sprigs fresh thyme
- ¼ cup balsamic vinegar

Lesson 19

- Chef's knife
- Cutting board
- Box grater
- Measuring cups
- Measuring spoons
- Liquid measuring cup
- Plate
- Rimmed baking sheet
- Oven-safe wire rack
- Aluminum foil
- Skewer or other sharp object
- 10-inch skillet
- Wooden spoon
- Small bowl
- Large bowl
- Whisk
- Meat thermometer or instant-read thermometer
- Small saucepan
- Silicone spatula
- 1 cup shredded Monterey Jack cheese
- Cooking spray
- 1 tablespoon unsalted butter
- 1 onion
- 1 celery rib
- 2 teaspoons fresh thyme leaves, minced
- 1 teaspoon paprika
- 1 garlic clove
- ¼ cup tomato juice or tomato sauce
- ½ cup low-sodium chicken broth
- 2 large eggs
- ½ teaspoon unflavored powdered gelatin
- ⅔ cup breadcrumbs
- 2 tablespoons minced fresh parsley
- 1 tablespoon soy sauce
- 1 teaspoon Dijon mustard
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 1 pound 90% lean ground sirloin
- 1 pound 80% lean ground chuck
- ½ cup ketchup
- ¼ cup apple cider vinegar
- 3 tablespoons brown sugar
- ½ teaspoon ground coriander

Lesson 20

- Vegetable peeler
- Chef's knife
- Cutting board
- Measuring spoons
- Liquid measuring cup
- Large pot
- Colander
- Large bowl
- Hand mixer or potato masher
- Wooden spoon
- Measuring cups
- Oven-safe 10-inch skillet
- Fork
- Rimmed baking sheet
- 2 pounds russet potatoes
- 2 ½ tablespoons salt
- 3 tablespoons unsalted butter
- ⅓ cup milk
- 1 ½ pounds 93% lean ground beef
- 1 ½ teaspoons salt, plus more to taste
- ½ teaspoon black pepper, plus more to taste
- ½ teaspoon baking soda
- 2 teaspoons vegetable oil
- 1 onion
- 2 carrots
- 2 cloves garlic
- 2 teaspoons dried parsley
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 tablespoon tomato paste
- 2 teaspoons Worcestershire sauce
- 2 tablespoons all-purpose flour
- 1 ¼ cups beef broth
- ½ cup frozen peas

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KITCHEN TOOLS



BLENDER



BOX GRATER



CAN OPENER



CHEF'S KNIFE



CITRUS JUICER
(OPTIONAL)



COLANDER



CUTTING BOARDS
(GENERAL & MEAT ONLY)



OVEN-SAFE POT
WITH LID



FINE-MESH STRAINER



HAND MIXER
(OPTIONAL)



IMMERSION BLENDER
(OPTIONAL)



INSTANT-READ
THERMOMETER



LADLE



LARGE POT WITH LID



LIQUID MEASURING
CUP



MEASURING CUPS



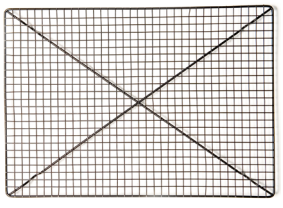
MEASURING SPOONS



MEAT MALLET



MIXING BOWLS
(SMALL & LARGE)



OVEN-SAFE WIRE RACK

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KITCHEN TOOLS



PARING KNIFE



PASTRY CUTTER



PIE PLATES (2)



POTATO MASHER



RIMMED BAKING SHEETS (2)



ROLLING PIN



SALAD SPINNER (OPTIONAL)



SILICONE SPATULA



SKILLETS (OVEN-SAFE, 10-INCH & 12-INCH)



SMALL BOWL



SMALL POT WITH LID



SAUCEPANS (MEDIUM 11-INCH & SMALL 9-INCH WITH LIDS)



STEAMER BASKET (OPTIONAL)



TONGS



TURNER SPATULA



VEGETABLE PEELER



WHISK



WOK (OPTIONAL)



WOODEN SPOON

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Cooking 2

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Appendix

HOW TO PLAN A MENU

Now that you have completed 40 cooking lessons (if you used both the *Cooking 1* and *Cooking 2* courses), you have quite the array of foods you can confidently cook! With that many dishes, you can easily pull together entire meals. The number of combinations you could create is virtually endless!

As you have already learned through these cooking lessons, technique matters. Planning a menu is no different. By keeping a few considerations in mind, you can take your menu from bland and boring to vibrant and exciting. What are those considerations? Keep reading to find out!

1. Nutrition

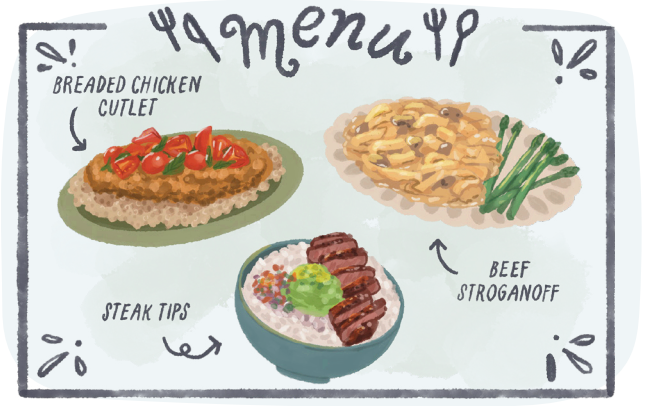
Typically, meals consist of a main dish and at least one—but often multiple—side dishes. Many people like to make sure that between the main dish and sides, they have protein, carbohydrates, and vegetables or fruits covered, but there is certainly nothing wrong with a meal of all veggies! Even with an all-vegetable meal, would you prefer to have, say, all cruciferous vegetables or a mix of different types? Probably a mix! Meals that provide variety are just more enjoyable—and more nutritious.

2. Flavor

Just as you want to balance flavors in a single dish, you want to balance flavors across a meal. Think about eating a meal of all sweet foods, or all sour foods, or all savory foods. That's not very appetizing, is it? Now think of a meal that has a sweet dish, a bright/acidic dish, and a savory dish. That is mouthwatering.

3. Texture

The most appetizing plates feature a variety of textures: creamy, fluffy, crunchy, chewy, juicy . . . While all of these textures are delightful, a plate full of just one of them is boring. As we've discussed before, you eat with your senses, and your sense of touch is no exception! A menu with different textures, like creamy potatoes, firm pot roast, and crunchy broccoli, is far more enjoyable than, say, a meal of pureed soup, mashed potatoes, and polenta.



4. Temperature

You can certainly serve a successful meal that features all hot foods or even all cold foods, but creating a mix of cold, hot, and room-temperature dishes adds interest.

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5: Color

Look at the plates below. Which one looks more appetizing? A colorful plate not only signals a nutritious meal, but it's also more visually appealing. Sometimes you may develop a meal that is balanced in nutrition, flavor, texture, and temperature but lacks variety in color. You can always add visual interest with garnishes!





6: Preparation Methods

You can make your life in the kitchen far easier by varying the preparation methods of the foods you're preparing for a meal. Choosing a dish that cooks in the oven while you prepare another on the cooktop (and perhaps a third on the counter) makes the whole experience less stressful than facing a cooktop full of boiling, simmering, and frying foods!

7: Timing

Try to choose foods that vary in preparation, cooking, and resting times. This will allow you to start the dish with the longest cooking time first, and while it cooks you can move on to the dishes that require less preparation. The goal is to time things so they are all ready at the same time, but don't worry too much if that doesn't happen perfectly.

MENU IDEAS

Let's take a look at a few menus that provide variety in nutrition, flavor, texture, temperature, color, preparation method, and timing.



Menu 1

- Pan-Fried Chicken Cutlet (*Cooking 2*, Lesson 5)
- Quinoa (*Cooking 2*, Lesson 3)
- Bruschetta (*Cooking 1*, Lesson 5)

This menu provides a protein, carbohydrate, and vegetable, each lending a different texture. While the quinoa and chicken cutlet are both stovetop preparations, the chicken cutlet can be cooked while the quinoa simmers, and while the chicken cutlet rests, prepare the bruschetta. The quinoa can be served warm, while the chicken is hot and the bruschetta is cool. Depending on the type of quinoa you choose, it may be similar in color to the chicken, but the bruschetta will add enough color to make the plate interesting.

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Menu 2



- Pan-Seared Steak (*Cooking 2*, Lesson 17)
- Rice (*Cooking 2*, Lesson 1)
- Salsa (*Cooking 1*, Lesson 5)
- Guacamole (*Cooking 1*, Lesson 6)

Layered in a bowl, this menu provides a well-balanced meal that offers plenty of variety in texture, flavor, and color! Start by preparing the rice. While it cooks, prepare the salsa and guacamole, then place them in the refrigerator to rest. Finally, as the rice nears the end of its cooking time, prepare the steak tips. Layer the warm rice, hot sliced steak, and cold salsa and guacamole for an enticing, delicious meal!



Menu 3

- Beef Stroganoff (*Cooking 1*, Lesson 20)
- Roasted Asparagus (*Cooking 2*, Lesson 11)

The beef stroganoff (which provides protein and carbohydrates in one dish!) requires two cooktop preparations (the noodles and the gravy), so an oven-cooked vegetable like asparagus is a great hands-off side dish. The final plate will feature a variety of textures (soft noodles, tender beef, crisp asparagus), flavors (salty noodles, savory beef, bright asparagus), and colors.

Menu 4

- Pot Roast (*Cooking 2*, Lesson 18)
- Polenta (*Cooking 2*, Lesson 4)
- Build-Your-Own Salad (*Cooking 2*, Lesson 12)

Savory, juicy pot roast layered over creamy polenta is a classic meal for a reason! It balances flavor and texture perfectly. Adding a salad introduces another temperature and plenty of color! The pot roast cooks low and slow in the oven, which gives you plenty of time to prepare the salad on the counter and the polenta on the stovetop.



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Menu 5

- Salsa & Chips (*Cooking 1*, Lesson 5)
- Guacamole & Chips (*Cooking 1*, Lesson 6)
- Hummus & Veggies (*Cooking 1*, Lesson 7)
- Popcorn (*Cooking 1*, Lesson 8)
- Snack Mix (*Cooking 1*, Lesson 8)

Even something like a game night snack menu can check all the boxes! Hummus supplies protein, while the chips, popcorn, and snack mix cover carbohydrates. The salsa and guacamole provide the produce. In this lineup we have a variety of textures, flavors, temperatures, and colors—and all the dishes can be made ahead of time, which means no stressful preparation!



BUILD YOUR OWN MENU

Now you can practice building your own menus! Don't stress about hitting every attribute in one menu—but do aim for plenty of variety!

Menu Considerations:

- Nutrition (protein, carbohydrates, produce)
- Flavor
- Texture
- Temperature
- Color
- Preparation method
- Timing

menu

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menu

menu

menu

menu