

PURPLE CABBAGE COLESLAW

Ingredient	Students Per Class		
	10	15	20
Salad:			
Red cabbage, head	1/2	3/4	1
Dried cranberries	1/4 cup	1/3 cup	1/2 cup
Celery stalks	3	4 1/2	6
Green onions	2	3	4
Dressing:			
Vinegar	3 tbsp	4 1/2 tbsp	6 tbsp
Olive oil	2 tbsp	3 tbsp	4 tbsp
Mustard	1 tbsp	1 1/2 tbsp	2 tbsp
Honey	1 tbsp	1 1/2 tbsp	2 tbsp
Other: Salt and pepper to taste.			

PREP BEFORE CLASS:

Wash green onions, cabbage, and celery. Chop the cabbage into sections for distribution.

Directions:

1. Have students thinly slice and shred the cabbage using lettuce knives.
2. Chop the green onions and celery.
3. Have students combine all the salad ingredients and toss to combine.
4. Measure the dressing ingredients into a small bowl. Stir until well combined.
5. Pour the dressing over the salad and toss again to mix thoroughly.
6. Enjoy!

DID YOU KNOW?


Red cabbage can be used to make a natural dye for clothing!



DID YOU KNOW?

Cranberries are rich in antioxidants, which help protect your cells from damage over time!

CRANBERRY PINWHEELS

Ingredient	Students Per Class		
	10	15	20
Cream cheese, softened	1 cup	1 1/2 cup	2 cup
Feta cheese, crumbled	1 cup	1 1/2 cup	2 cup
Green onion	1/2 cup	3/4 cup	1 cup
Dried cranberries	1/2 cup	3/4 cup	1 cup
Spinach tortillas 	5	7 1/2	10

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

PREP BEFORE CLASS:

Cut tortillas in half.

Directions:

1. Pass 1/2 tortilla to each student.
2. Pass about 1 1/2 tablespoon of cream cheese to each student and have them spread it all over the tortilla.
3. Pass green onions to each student and have them chop into small pieces.
4. Top tortilla with chopped green onions.
5. Pass a bowl of cranberries and a bowl of feta cheese and instruct students to spoon 1 1/2 tablespoon of feta and 1 tablespoon of cranberries and sprinkle over their tortilla.
6. Roll tightly. Cut into bite sized pinwheels, if desired. Enjoy!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Red cabbage, head
- Dried cranberries
- Celery stalks
- Green onions
- Vinegar

- Mustard
- Cream cheese, 8 oz = 1 cup
- Feta cheese, crumbled
- Spinach tortillas (NUT & SESAME FREE)

Ingredients in the bin:

- Olive oil
- Honey
- Salt
- Pepper

OBJECTIVES


- Describe the health benefits of cranberries
- Understand the health benefits of purple produce
- Summarize the process of customization

STAR INGREDIENT: CRANBERRIES



- What are cranberries?
Cranberries are berries that have a tart flavor and a deep red color.
- When are cranberries usually eaten? Cranberries are typically in season in the U.S. from October until December, which is why they're a popular ingredient in many holiday dishes!
- Why are cranberries good for us? Cranberries are rich in fiber and various vitamins, including vitamin C, which is important for keeping our skin, muscles, and bones healthy. They are also rich in antioxidants, which protect our bodies from cellular damage.

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?
- What color connects these two recipes? Hint: The ingredients we are focusing on today are red cabbages and dried cranberries.
 - Dark red, maroon, or purple isn't a common color when it comes to fresh ingredients, but both red cabbage and cranberries are immediately recognizable by their color.
- Today we are using red cabbages and dried cranberries that can be used to make a natural dye!
 - If you boil cranberries or red cabbage, you will end up with a red or purple liquid. This natural dye can be used for clothing, or in the kitchen as an alternative to chemical food coloring.
 - Some red cake frosting, for example, uses cabbage juice for that bright color! Using fruits and veggies as a source of color is a great way to avoid processed food dyes.



STAR TECHNIQUE: CUSTOMIZATION


- Customization: when you have choices to choose various foods or toppings to place onto your recipe! The basic structure of the recipe is the same, but additional flavors can be added or subtracted depending on the chef's taste.
- Both of today's recipes involve customization, because we could add or subtract ingredients without changing the whole recipe.
- What are some other examples? A smoothie or parfait is another great example of customization-- you are able to choose multiple different ingredients and toppings to make a flavored masterpiece!
- Anyone can customize! No tools are required--just your knowledge of what ingredients taste good together.

COOKING PRO

The cranberries we are using in today's recipes are dried, or dehydrated. This means that the water has been removed, leaving behind the flavor and the sugar. Dried cranberries taste sweeter than fresh cranberries!




DEVELOPMENT

 5-7 min

- As you are completing the Purple Cabbage Coleslaw recipe, discuss the Star Technique. In this recipe, we are using celery, cranberries, and red cabbage for flavor, texture, and color!
- As you are completing the Cranberry Pinwheels recipe discuss the Star Ingredient. Additionally, discuss the Cooking Pro fact.
- Did you know the purple pigment found in purple fruits and vegetables is called anthocyanins?
 - Anthocyanins help plants in two ways: they attract pollinators for reproduction, and they shield plants from things like UV light, drought, and cold.
 - Anthocyanins are also found in produce that have a red or blue color to them.
- Why are purple fruits and vegetables beneficial for us? Let's discuss some of the green produce we are using in today's recipe:
 - Red cabbage aka purple cabbage:
 - Red cabbage is packed with essential minerals that are great for building strong bones. It has high amounts of calcium, magnesium, and manganese, which help bones grow and stay dense and strong. This can protect against osteoporosis, arthritis, and inflammation which are conditions that can naturally weaken bones due to aging.
 - Dried cranberries:
 - Dried cranberries are packed with magnesium, which is essential for muscle function. Their high magnesium levels make them a great choice for relieving muscle soreness and cramps. After a workout that strains your arm and leg muscles, eating a handful of dried cranberries can quickly ease pain and discomfort, helping you recover faster.
- Ask students if they can name some other fruits and vegetables that are purple?
 - Figs
 - Eggplants
 - Purple grapes



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