



ITALIAN CUISINE: LASAGNA CUPS & LIMONATA

ZUCCHINI LASAGNA CUPS

Ingredient	Students Per Class		
	10	15	20
Wonton wrappers 	10	15	20
Part-skim ricotta	1 cup	1 1/2 cup	2 cup
Zucchini	1	1 1/2	2
Pasta sauce	1 cup	1 1/2 cup	2 cup
Mozzarella cheese, shredded	1 cup	1 1/2 cup	2 cup
Salt	1/4 tsp	1/3 tsp	1/2 tsp
Ground black pepper	1/4 tsp	1/3 tsp	1/2 tsp
Other: Foil muffin tins per student.			
 : Must be NUT, PEANUT, and SESAME FREE			

PREP BEFORE CLASS:

Preheat oven to 375°F. Wash zucchini. Spray a muffin tin with cooking spray.

Directions:

- Mix ricotta, salt, and pepper. Stir until well combined.
- Slice the zucchini into thin slices, about 1/8 inch thick or as thin as possible.
- Put a wonton wrapper in the muffin tin. Push the center of the wrapper down into the tin, forming a cup. Spoon the ricotta mixture into the wonton cups. Place a zucchini slice on the ricotta and press down slightly. Top with the pasta sauce and mozzarella. You can do another layer of cheese and pasta sauce if your cup has extra room.
- Bake for 12 minutes. The edges of the exposed wonton wrappers should be golden brown and crisp. To ensure the zucchini softens, cook for as long as possible without burning the wontons.
- Let the cups cool for 5 minutes before removing from the muffin tin and serving. Enjoy!



DID YOU KNOW?

The largest zucchini was recorded to be a little over 8 feet long!

LIMONATA

Ingredient	Students Per Class		
	10	15	20
Lemons	4	6	8
Sugar	8 tbsp	12 tbsp	16 tbsp
Handful of fresh mint or basil	1	1 1/2	2
Sparkling water or soda water	3 cup	4 1/2 cup	6 cup
Other: Cups for serving.			

PREP BEFORE CLASS:

Prepare the food processor. Rinse mint/basil. Scrub and wash lemons well.

Directions:

- Have a student volunteer help zest the lemons. Avoid grating the white pith as it will make the lemonade bitter. Add to a small mixing bowl.
- Have a student volunteer tear up the mint or basil into smaller pieces. Mix with lemon zest. Add sugar and mix. Set aside.
- In a large mixing bowl, have student volunteers juice the lemon. Remove seeds.
- Add water, lemon juice and lemon zest mixture to food processor. Pulse until smooth.
- Serve in cups and enjoy!

ITALIAN CUISINE: LASAGNA CUPS & LIMONATA

OBJECTIVES

- Make one healthy Italian-inspired dish
- Learn about Italian cuisine and common ingredients
- Understand the importance of mixing

SHOPPING LIST

Please see recipe for amounts, varies by class size

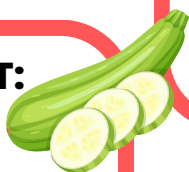
Ingredients to buy:

- Wonton wrappers (NUT & SESAME FREE)
- Part-skim ricotta
- Zucchini
- Pasta sauce
- Mozzarella cheese, shredded
- Lemons
- Handful of fresh mint or basil
- Sparking water or soda water

Ingredients in the bin:


- Salt
- Pepper
- Sugar
- Cups for serving
- Foil muffin tins per student

STAR INGREDIENT: ZUCCHINI



- Zucchini is a type of summer squash and is in the gourd family – the same family as cucumbers, watermelon, spaghetti squash, and cantaloupe.
- Did you know? Zucchini comes from the Italian word “zucca”, which means squash.
- Zucchini is a great source of Vitamin A, Vitamin C, Fiber. Encourage students to discuss the benefits.
- Vitamin A: which is important for healthy eyes and immune system.
- Vitamin C: strong immune system.
- Fiber: easy digestion
- Potassium: helps balance water in our body, helps our muscles contract, and helps our nerves in our body send signals.

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, guess what we are making, and which cuisine the recipes belong to.
- Discuss that today we are going to be making recipes from Italy. Ask students if they have ever tried any Italian dishes or heard about Italian cuisine. Discuss popular Italian dishes, such as pizza, pasta, bruschetta, and gelato.
- Key Qs: Has anyone been to Italy before? Italy is a country in the shape of a boot in Europe. What city is the capital of Italy? Rome is the capital city of Italy and is known as the “Eternal City” due to its rich history and ancient ruins.
- Explain that Italian cuisine is beloved worldwide for its delicious flavors and simple yet high-quality ingredients. It has a rich culinary heritage influenced by different regions.
- Highlight some key features of Italian cuisine, such as the use of fresh ingredients, emphasis on local and seasonal produce, and the importance of pasta, olive oil, tomatoes, and cheese.
- The Italian flag is represented in many Italian dishes, with red tomato sauce, white mozzarella cheese, and green basil representing the three colors of the flag.
- Italian food is often served family-style, with large dishes placed in the center of the table and everyone helping themselves. How do you eat meals at home?

ITALIAN CUISINE: LASAGNA CUPS & LIMONATA

COOKING PRO

To safely slice a tomato, hold the tomato firmly with one hand. Keep your fingers curled inward, away from the blade, to protect them. Then carefully slice off the stem end of the tomato. This will create a flat surface to stabilize the tomato for slicing.



STAR TECHNIQUE: MIXING



- Mixing means using a utensil to combine two or more ingredients until they become one product.
- What tools do you usually use to mix? Spoon, spatula, stand mixer, hand mixer.
- What food do you usually mix? All ingredients can be mixed!
- Why mix? Incorporating different ingredients to make one product can give you a variety of different flavors and textures!



DEVELOPMENT

🕒 5-7 min

Discuss a few popular Italian dishes in more detail, describing their ingredients and preparation methods.

- **Pizza:** Pizza is one of Italy's most famous contributions to world cuisine. It consists of a round, thin crust topped with tomato sauce, cheese, and various toppings like vegetables, meats, or seafood. It is traditionally baked in a wood-fired oven, resulting in a crispy crust and melty toppings.
- **Pasta:** Pasta is a staple in Italian cuisine and comes in various shapes and sizes. Common pasta dishes include spaghetti with tomato sauce, fettuccine alfredo, lasagna, and ravioli. Pasta is often served with a variety of sauces, such as marinara, Bolognese, pesto, or carbonara.
- **Bruschetta:** Bruschetta is a simple and flavorful Italian appetizer. It consists of toasted bread slices rubbed with garlic, drizzled with olive oil, and topped with fresh diced tomatoes, basil, and sometimes mozzarella or other ingredients. Bruschetta can be customized with different toppings, making it a versatile dish.
- **Gelato:** Gelato is the Italian version of ice cream. It is made with a higher proportion of milk than cream, resulting in a denser and smoother texture. Gelato comes in a wide range of flavors, including classics like chocolate and vanilla, as well as unique Italian flavors like pistachio, stracciatella, and tiramisu.
- **Risotto:** Risotto is a creamy rice dish cooked slowly in broth until it reaches a rich and velvety consistency. It is often flavored with ingredients such as mushrooms, seafood, or saffron. The constant stirring during cooking helps release the starch from the rice, creating its characteristic creaminess.
- **Tiramisu:** Tiramisu is a popular Italian dessert made with layers of coffee-soaked ladyfingers and a creamy mixture of mascarpone cheese, eggs, and sugar. It is dusted with cocoa powder. Tiramisu is known for its luscious and indulgent taste.

Encourage students to ask questions and share any experiences they may have had with Italian food.

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