

# **SHOPPING & EQUIPMENT LISTS**

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These shopping lists reflect quantities sufficient to feed the entire class one whole serving. You may need multiple pieces of kitchen equipment, depending on how you organize the cooking experience. For all recipes, you will need paper plates and napkins and possibly plastic utensils. Wash & Dry hand cleaning packets can be used for washing hands prior to cooking or eating. A roll of paper towels also can be useful.

RECIPE	SHOPPING LISTS	EQUIPMENT LISTS
Fruit Kabobs	Enough fruit for 4 fruit chunks/student (see recipe for suggestions) 4 (8 oz) assorted yogurts	1 skewer or paper cup/student 4-6 bowls (for fruit) 4 bowls (for yogurt) plastic spoons water
Mini Peanut Butter Sandwiches	4 bread choices/student (see recipe for suggested breads) peanut butter peanut butter "companions" (see recipe for suggestions)	4 bowls rubber spatula blunt plastic knives or spoons for spreading serving spoons
Stacked Cereal	assorted cereals assorted toppings (see recipe for suggestions) 1 gallon milk	paper plates or bowls 1 cereal bowl/child plastic spoons
My Very Own Pizza	1 pizza crust/student (see recipe for suggested crusts) 3 - 30 oz jars prepared spaghetti or pizza sauce Shredded mozzarella, Monterey Jack, and/or cheddar cheese (about 1-1/2 lb) Grated Parmesan Cheese Assorted toppings	see recipe for suggested toppings) paper plates or bowls plastic utensils toaster oven (or use cafeteria oven) aluminum foil baking sheets pot holders or oven mitts water
Vanilla Pudding (serves 32)	4 packages instant pudding 2 quarts milk (Optional): Toppings such as bananas, strawberries, graham cracker crumbs, granola	mixing bowls spatula whisks or hand beaters or electric beaters small plastic cups or other serving cups measuring cups small dishes for toppings (if used) small plastic spoons

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<p>Mexican Layered Tostadas (makes 36)</p>	<p>5-16 oz cans pinto beans 2 small jars mild salsa 1 small flour tortilla/ student 1 lb each, Monterey Jack and cheddar cheese 1 head iceberg lettuce 5 tomatoes 1 diced avocado or guacamole 1 8-oz carton sour cream 1 small can sliced ripe olives</p>	<p>can opener colander water bowl (for beans) 5 plates or bowls for toppings fork blunt plastic knives or spoons</p>
<p>Stir Fry Chicken and Green Beans (makes 36)</p>	<p>4 cups rice (yields 12 cups cooked) water 1-1/2 cup canned chicken broth 1/2 cup soy sauce 2 Tbsp cornstarch 1 Tbsp sesame oil 1-1/2 tsp sugar 1-1/2 lb fresh or frozen green beans 3 small pieces of ginger root (1 inch long) 1 bunch green onions (optional) 3 lbs boneless, skinless chicken breasts 1/2 cup vegetable oil salt and pepper 3 Tbsp sesame seeds (optional)</p>	<p>rice cooker or large saucepan with lid pot holders or oven mitts can opener measuring cups and spoons small bowl with whisk or fork colander or sieve vegetable peeler sharp knife cutting board water wok or large skillet Chinese spatula or wooden spoon stovetop or other heating element</p>
<p>French Toast (makes 36)</p>	<p>36 slices of bread (see recipe for suggested breads) 1 dozen eggs 3 cups milk 3/4 tsp salt 1 Tbsp vanilla vegetable oil cooking spray Assorted toppings (see recipe for suggestions)</p>	<p>cake pan or pie tin whisk or fork stovetop or other heating element non-stick skillet pot holders or oven mitts spatula</p>

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<p>Anytime Fruit Shake (makes 36)</p>	<p>6 cups orange juice 3 ripe bananas 3 cups fresh or frozen strawberries (or other fruit such as peaches) 1-1/2 cup plain or vanilla yogurt 18 ice cubes</p>	<p>blender measuring cups paper cups straws (optional) water</p>
<p>Dunkin' Vegetables</p>	<p>Enough vegetables for 4-6 sticks or chunks/student Package of pita bread</p>	<p>cutting boards paring knives peelers colanders 4 - 6 bowls for vegetables</p>
<p>Ranch Hand Dip (serves 30)</p>	<p>2 cups (16-oz) cottage cheese 2 cups buttermilk 3/4 cup mayonnaise 3/4 cup red wine vinegar 1/3 cup lemon juice garlic powder onion powder salt, pepper</p>	<p>blender mixing bowls mixing spoons measuring spoons, cups smaller bowls to serve dip</p>
<p>Black Bean Dip (serves 30)</p>	<p>5 15-oz can black beans 1-2/3 cup water 1-1/4 cup salsa several sprigs cilantro 3-1/3 Tbsp lime juice 2-1/2 tsp cumin 2-1/2 tsp salt</p>	<p>blender mixing bowls mixing spoons measuring spoons, cups can opener colander smaller bowls to serve dip</p>
<p>Curry Yogurt Dip (serves 30)</p>	<p>5 15-oz can black beans 1-2/3 cup water 1-1/4 cup salsa several sprigs cilantro 3-1/3 Tbsp lime juice 2-1/2 tsp cumin 2-1/2 tsp salt</p>	<p>mixing bowls mixing spoons measuring spoons, cups can opener smaller bowls to serve dip</p>

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<p>Hide-and-Seek Pancakes (makes 40)</p>	<p>10 cups flour 2-1/2 tsp salt 2-1/2 dozen eggs 1 gallon milk 5 Tbsp oil &amp; more for cooking 5 cups jam or fruit spread</p>	<p>large &amp; medium mixing bowls skillet &amp; hot plate (or electric skillet) spatula cookie sheet oven measuring cups &amp; spoons mixing spoons fork or egg beater pot holders or oven mitts</p>
<p>Italian Roll-Up (makes 40)</p>	<p>5 green bell peppers 5 dozen mushrooms 1-1/4 cup vegetable oil 5 lbs chicken or turkey sausage 3 - 30 oz jars prepared spaghetti or pizza sauce 40 medium flour tortillas (4 pkgs) 15 cups shredded cheese (4 lbs)</p>	<p>skillet &amp; hot plate (or electric skillet) cookie sheet oven fork measuring cups &amp; spoons mixing spoons scale (optional) potholders or oven mitts water</p>
<p>Popeye's Spinach Salad (makes 40)</p>	<p>5 large eggs water 5 bunches spinach 3 Tbsp apple cider vinegar or other vinegar 1 cup olive oil or vegetable oil 5 small garlic cloves (optional) 1-3/4 cup chopped pecans, walnuts, or other nuts or 1-3/4 cup crumbled Feta cheese or shredded mozzarella cheese (about 1/2 lb) salt &amp; pepper to taste</p>	<p>saucepan with lid water pot holders or oven mitts stovetop or heating element salad spinner or colander measuring cups and spoons small jar with tightly fitting lid cutting board &amp; knife large salad bowls salad servers</p>

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<p>Aram Bread Sandwiches (makes 40)</p>	<p><u>Peanut butter</u> 10 large or 40 small Lavosh cracker breads 8 cups peanut butter 8 cups jelly <u>Ham &amp; cheese</u> 10 large or 40 small Lavosh cracker breads 2-1/2 lbs ham 2-1/2 lbs grated cheese 1 cup mayonnaise 1/2 cup mustard</p>	<p>spray bottle plastic wrap knives &amp; cutting boards measuring spoons grater water</p>
<p>Soft Chicken Taco (makes 30)</p>	<p>4 lbs skinless chicken breasts 3-1/3 Tbsp lime juice 1-1/3 tsp cumin 3/4 tsp salt 3/4 tsp pepper 3 pkg tortillas 1 lb Monterey jack cheese</p>	<p>baking sheet oven oven mitts, potholders measuring spoons grater cutting boards paring knives mixing bowls (at least two) small bowls for serving salsa can opener colander</p>
<p>Salsa Ole (serves 30)</p>	<p>8 - 10 medium tomatoes 1 medium onion 1/3 cup lime juice 2-1/2 Tbsp cilantro salt and pepper</p>	
<p>Sombrero Salad (serves 30)</p>	<p>3 15-oz can black beans 3 10-oz packages frozen corn 3-1/3 Tbsp olive or vegetable oil 2/3 cup lime juice salt and pepper 5 green onions (optional)</p>	

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<p>Burritos Buenos (makes 36)</p>	<p>3 onions 6 zucchini 6 Tbsp vegetable oil 3 lbs ground turkey or beef 3 cups cooked pinto beans 5-1/4 cups salsa 3 small cans diced mild green chiles 36 medium tortillas (4 pkgs) 4-1/2 cups grated cheese (about 1 lb) 6 large tomatoes 1 head lettuce</p>	<p>chopping knives &amp; boards skillet &amp; hot plate (or electric skillet) can opener aluminum foil oven cheese grater measuring cups mixing spoons pot holders or oven mitts water</p>
<p>Hand-Held Lasagna (makes 40)</p>	<p>tomato sauce (32-oz) 40 jumbo stuffing pasta shells water 5 tsp salt 2 cups mozzarella cheese, grated (about 1-1/2 lb cheese) 2 cups Parmesan cheese, grated salt &amp; pepper</p>	<p>pot for boiling pasta &amp; hot plate colander saucepan spoons baking dish oven measuring cups &amp; spoons cheese grater pot holders or oven mitts</p>
<p>Asian-Style Eggs and Rice (makes 40)</p>	<p>vegetable oil cooking spray 2 Tbsp butter or oil large onion 3 stalks celery 1-1/2 cup chopped mushrooms, carrots or zucchini 6 cups rice (yields 18 cups cooked) 1/4 cup soy sauce 3 dozen large eggs 1-1/2 cup water</p>	<p>measuring cups and spoons skillet with lid (non stick is preferable) large spoon pot holders or oven mitts</p>
<p>Gone Nuts Roll-Ups (makes 36)</p>	<p>3 cups peanut butter 3 cups dry milk powder 6 Tbsp honey 6 medium bananas 3/4 package crushed graham crackers 1 Tbsp cinnamon (optional)</p>	<p>mixing bowl waxed paper chopping knives &amp; boards measuring cups &amp; spoons</p>

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<p>Stuffed Baked Potato Bar</p>	<p>1 small baking potato/student assorted toppings (see recipe for suggestions) dressings (see recipe for suggestions)</p>	<p>baking sheet oven oven mitts, potholders paring knives grater peeler cutting boards can opener colander small plastic spoons to serve toppings</p>
<p>Chicken-Filled Cabbage Rolls (makes 40)</p>	<p>5 medium green cabbages 5 bunches green onions 10 Tbsp vegetable oil (about 2/3 cup) 5 lbs ground chicken or turkey 5 tsp sugar 5 tsp sesame seed oil 5 pieces fresh ginger 2-1/2 cups canned water chestnuts 7-1/2 Tbsp soy sauce 1 cup water 5 Tbsp lemon juice Black pepper 2 -1/2 cups rice vinegar 2-1/2 Tbsp soy sauce</p>	<p>large pot colander chopping knives &amp; boards skillet or wok &amp; hot plate (or electric skillet) bowls whisk measuring spoons &amp; cups mixing spoons scale (optional) pot holders or oven mitts water</p>
<p>Easy Cheesy Enchiladas (makes 40)</p>	<p>10 (6 oz) boneless, skinless chicken breasts 1-2/3 lb cheddar cheese 1-2/3 lb Monterey Jack cheese 5 small onions 12-1/2 cups prepared enchilada sauce (10 - 10 oz cans) 40 medium tortillas (4 pkgs) black olives sour cream green onions</p>	<p>oven skillet &amp; hot plate or electric skillet cheese grater small bowls chopping knives &amp; boards wide pan plate 9x13" baking dish measuring cups pot holders or oven mitts water</p>

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Tabbouleh Salad (makes 36)	3 cups bulgur (cracked wheat) 1/2 cup fresh lemon juice 1/2 cup olive oil 1 bunch fresh mint 2 bunches fresh parsley 1 bunch green onions 2 medium cucumbers 2 medium carrots 3 large tomatoes 3 medium garlic cloves (optional) salt & pepper 1 package pita bread and/or 1 head romaine lettuce	chopping boards and knives measuring cups & spoons garlic press (optional) vegetable peeler grater 1 (4 to 5 quart) bowl 1 (8 quart) bowl long-handled spoon fine sieve or a clean tea towel hot water plastic wrap or foil
Hand-Held Super Salad (makes 36)	6 cups cooked small pasta 2 cucumbers 3 carrots 3 medium tomatoes 3 medium apples 1-1/2 cup Feta or cheddar cheese (about 1/2 lb) 3/4 cup shelled sunflower seeds 3 cups canned tuna 1-1/2 cup vegetable oil 6 Tbsp wine vinegar or lemon juice 18 whole lettuce leaves (green or red leaves) salt & pepper	chopping knives & boards large bowl small bowl whisk measuring cups & spoons mixing spoons water
Crazy Chocolate Cake (makes 32-40)	3 cups flour (and extra to dust pans) 2 cups sugar 6 Tbsp cocoa powder 2 tsp baking soda 1 tsp salt 2-2/3 cups water 3/4 cup vegetable oil 2 Tbsp white wine vinegar 2 tsp vanilla extract 3 lbs powdered sugar 1/4 cup butter (plus extra to coat cake pans) 1/4 cup colored sprinkles	2-9" square cake pans measuring spoons, cups large mixing bowls small mixing bowls mixing spoons oven spatulas toothpicks oven mitts, potholders
Flour Tortillas	8 cups flour	hot plate, fry pan, or large skillet

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(makes 32)	8 tsp baking powder 2 tsp salt ¾ cup Manteca (lard), butter, margarine, or shortening approx 2-1/2 cups lukewarm water oil or non-stick spray for cooking	spatula bowls for mixing dough (at least 4) measuring cups and spoons light cloths for covering bowls
Louisiana Gumbo (serves 32)	8 cups cooked rice ½ stick of butter 2 Tbsp flour ½ tsp salt ½ tsp black pepper ½ tsp cayenne pepper ½ tsp minced or powdered garlic 1 bay leaf 1 lb sliced okra (fresh or frozen, thawed) ½ cup diced onion ½ cup diced bell pepper ½ cup chopped celery 15 oz chicken broth 15 oz tomato juice 2 cups water (less water can be used for a richer Gumbo) 16 oz small cooked shrimp (fresh, frozen, or canned) 10 oz cooked chicken (fresh or canned) 1 tsp file powder (in spice section)	crock pot wooden spoon serving spoon paring knives measuring cups and spoon cutting boards plastic bowls and spoons pot holders paper napkins colored pencils individual moist towelettes