Chopped Salad Competition

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Agenda

- ‡ Introduction
- ‡ Know Your Knives Demonstration
- ‡ Chopped Salad Competition
- ‡ Goal Setting

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Get Familiar With Your Knives

- Knowing how to use knives is important to kitchen success

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- Classic and most important **go** knife
- Do not use to carve poultry or large skin vegetables and fruits

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Proper Grip

- Pinch knife where blade meets handle
- Focus grip on pinching blade

Boning Knife

- Best for fish, meat, or poultry
- When working with bones you need a flexible blade

Paring Knife

- Great for slicing and mincing

Serrated Knife

- Great for foods with slippery, waxy surfaces
  - Tomato and bread
- A smooth chef's blade would be more likely to slip

Honing Steel

- Used to keep knives sharp
- Realigns or straightens the blade fibers

More Ways To Keep Knives Sharp

- Use one cutting board for meat and a different one for vegetables
- Wash knives by hand, never in a dishwasher
- Dry knives immediately after washing
- Keep practicing knife skills

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Getting Started

Dark leafy greens

- Kale
- Spinach
- Remove tough stems from middle of leaf
- Chop or tear into bite-size pieces

1. Wash under cold water
2. Wrap loosely in dry paper towel
3. Store in plastic bag in vegetable drawer in refrigerator

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Add Some Toppings

1. Measure 1 ½ cups of corn
2. Chop two tomatoes with serrated knife
3. Add to salad

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Add Cucumbers

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Add Edamame

1. Pour ½ cup edamame into salad

- Edamame is a soybean
- Rich in protein
- Great for vegetarian meals

Add Onions

1. Peel onion
2. Use Chef's knife
3. Cut in half
4. Cut off the stem end
5. Make small vertical cuts from middle up
   ‡¼ inch long
6. Cut onionhorizontallyover the long slices

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Add Avocado

- Packed with nutrients and healthy unsaturated fats
  - Good for hearts
- How to pick an avocado?
  - Heavy for its size
  - Press near the stem with thumb
  - Should be soft

Make The Dressing

1. Measure ingredients and mix together
   - 2 tablespoons lime juice
   - 1 tablespoon olive oil

Toss Salad Together

1. Add the dressing
2. Add dash of pepper if you like
3. Toss salad
4. Enjoy!

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SMART Goal Example

Goal:

I will chop and use more fresh fruits and vegetables when cooking.

SMART Goal:

Thank You!

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