Sautéed Spinach Ingredients

Ingredients:
1 Tbsp. olive oil
1 onion chopped
½ bag fresh spinach
1 cup broccoli florets
Ground black pepper, kosher salt and red pepper flakes (to taste)
5 dried cranberries per plate

Directions


Directions

1. __________________________Wash hands and surfaces (tie hair back)
2. __________________________Coat bottom of sauté pan with oil
3. __________________________Heat to med-high heat
4. __________________________Cut onions
5. __________________________Cut broccoli
6. __________________________Put in sauté pan
4. __________________________Stir with wooden spoon continuously.
5. __________________________Cook until onions are transparent (see through).
6. __________________________Add in spices
7. __________________________Turn off heat
7. __________________________Place spinach in pan, mix (spinach will wilt a bit)
7. __________________________Put on lab plates, with enough forks for each student
12. __________________________pass out to labs.
Clean Up

13. ______________ set up sink w/ **HOT** water and soap
14. ______________ get dish towels (used for drying wet dishes) & dish clothes (used to wash dishes)
15. ______________ wash and rinse dishes w/ **HOT** water
16. ______________ dry dishes
17. ______________ wipe tray clean, and stack cleaned and dried dishes back on tray
18. ______________ wipe stove top and **DRY** dish towel
19. ______________ wipe counters and table top w/ **WET** dish cloth
20. ______________ sweep floor (broom and dustpan located by the windows)
21. ______________ rinse food and soap suds out of sinks
22. ______________ dry and sparkle sinks and faucet
23. ______________ Put dirty dish towels and dish clothes into **appropriate** laundry basket
24. ______________ Everyone ___ Initial that you completed your assigned jobs, turn in recipe sheet to teacher

Directions: Based on your understanding of nutrients please provide a list of ingredients in the space provided and its corresponding nutrient(s). Also list the benefit it provides to the body (hint: flash cards may be helpful).

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Nutrient(s) provided</th>
<th>Benefits to the body</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>