

Cabbage Quesadillas

Instructions and ingredient quantities are written for a class of approximately 20 children.



Ingredients

1 head local red cabbage (cut into chunks the students will then chop into smaller pieces)
6 local apples
Whole wheat tortillas (one for each student and teacher)
16-24 oz. cheddar or Monterey Jack cheese (grated)

Before you start cooking:

Set up the students' tables for the cooking class. Wash the tables/desks and lay table cloths over them. Put a cutting board and plastic knife at each child's place. Put one mixing bowl, a plastic tray or cookie sheet, and spoon at each table. Set up the apple corers at several of the student stations.

Materials

At Each Student Cooking Station

Cutting boards or paper plates (one per child)
Plastic knife (one per child)
Paper plates (one per child)
Tablecloths (one per table)
Large bowls (one per table)
1/4 cup measuring cup (one per table)
Mixing spoon (one per table)
Plastic tray or cookie sheet (one per table)
Apple corers (2-3 for the class)
Paper plates (one per table for the cheese)

At the Teacher's Station

Sharp knife
Cutting board
Saute pan and burner or griddle (with a griddle you can cook many more quesadillas at once)
Spatula
Extension cord
Grater

At Sink Area and for Clean Up

Sponge, dish soap, paper towels

Steps with the Students

Keep It Clean

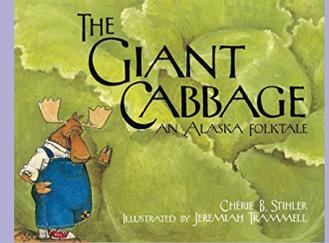
Ask students to wash their hands. Review proper hand washing techniques: Wet hands with clean water, add soap, rub hands together vigorously and scrub thoroughly. Rub hands with soap for at least 20 seconds (sing the ABC's), rinse with clean water.

Introduce the Ingredients

Write the list of ingredients on the board. Show students the ingredients in their whole form and point out which part we eat. This is your opportunity to tell the story of the ingredients and to create buy-in from the kids to try them. Show students a photograph of the farmer who grew the cabbage and/or the apples. Share with the students anything special about the way the farmer grows the vegetables or his/her history farming. Tell students a few interesting cabbage facts. Show them the cross section of the cabbage. Tell them there are both green and red varieties of cabbage. Do the students think the two colors of cabbage taste different or the same?

Literature Connections

The Giant Cabbage
by Cherie B. Stihler



Curriculum Connections

Use hands-on cooking classes as a mechanism for teaching curriculum concepts. A few ideas for activities to accompany the quesadilla recipe include:

1. Teach the students about wholes and halves. Show students their whole tortillas. Explain that to make a quesadilla, they will put grated cheese and thin apple slices on just half of it. Draw a circle to represent the tortilla on the board. Do the students know how many halves are in one whole? Ask one of the students to come and split the circle in two halves with a line. Ask the student to color in one half of the tortilla to represent the area where they will put the cheese and apples.

2. Read *The Giant Cabbage*. What other vegetables do they think can grow to be giant? There is an annual national cabbage competition for 3rd graders, hosted by Bonnie's Plants. Have students research how giant the most recent cabbage entries were.

Curriculum Alignment

Find a list of which Common Core State Standards and NC Essential Standards this lesson plan aligns with on the lesson plan page at www.growing-minds.org.

Introduce the Equipment

Show students the tools they will use to make their quesadillas. Demonstrate the proper way to hold and use the tools.

What's going to happen? Review the Steps with Students

Go over each of the steps of making the recipe, from washing the vegetables to trying the quesadillas. **Write the steps on the board.**

Step 1. Wash the cabbage and apples.

Step 2. Using an apple corer, take turns coring and peeling an apple. Cut the apples into smaller pieces and put all of the pieces into the mixing bowl.

Step 3. Using the cutting board and plastic knife, cut the cabbage into small pieces. Put the chopped cabbage into the bowl with the apples.

Step 4. Stir the cabbage mixture.

Step 5. Spread 1/4 cup of cheese and several spoonfuls of cabbage mixture over 1/2 of your tortilla. Fold the tortilla in half over the cheese and place it on the tray or cookie sheet.

Step 6. Put several tablespoons of butter into the saute pan or griddle over medium heat. Add the quesadillas and cook until the cheese is melted.

Step 7. Remove quesadillas from heat and place back on the trays. Cut the tortillas in half after they have cooled.

Step 8. Place the quesadilla onto a paper plate.

Step 9. Taste it!

Step 10. Clean up.

Get Them Cooking!

Wash and Prepare the Ingredients

Choose several children to wash the cabbage and apples by running them under water (with a teacher's assistant or volunteer's help). Cut the cabbage into large chunks. Grate the cheese (or have students do this). Place the grated cheese on the paper plates. Put a chunk of cabbage and a bit of cilantro at each child's place. Evenly divide the ingredients between the children's tables/cutting boards.

Peel, Chop, Mix, Cook

Ask students to take a seat at the tables/desks. Demonstrate how to use the apple corer and guide students in taking turns using the corers safely until all of the apples have been peeled and cored. The teacher should remove the apple cores from the prongs and reapply fresh apples. Divide the prepped apples among the students. Prompt the students to use their plastic knives and cutting boards to cut the apples into smaller pieces. The students should then put the apples into the mixing bowls. Prompt the students to cut or tear their cabbage into small pieces. When the cabbage is finely chopped, students can put it into the bowl with the apples. Ask students to take turns mixing the cabbage mixture. Pass out the tortillas. Demonstrate how to put cheese and apples on half of the tortilla and fold it over. Prompt students to do the same. The teacher will then cook the quesadillas at the teacher's station.



Last Steps

Taste it!

Give each child a quesadilla on a small paper plate. Prompt the children to try the quesadillas together all at once.

Clean Up

Kids can help in the clean up process by putting their plates in the trash and helping to pick up debris on the floor.

Did you know. . .

Red cabbage has been used as a natural dye for cloth.



Cabbage is Russia's national food. Russians eat about seven times as much cabbage as the average North American.

Russian princes gave gifts to important neighbors not only with racing horses and jewels, but also with garden plots planted with cabbage.

More Cabbage Activities

Weigh that Cabbage!

Give students a one-pound weight to feel. Now let them feel their cabbage. How many pounds do students guess their cabbage weighs? Record student's estimates and then weigh their cabbage. Who was the closest to the actual weight? The heaviest cabbage ever grown was 100 pounds. How much heavier was it than the student's cabbage? Guide students in subtracting to find the answer.

Taste Test Time!

As a class, try samples of raw green and red cabbage. Vote on the class favorite and make a graph of the results.