



## Make it Fresh with Cooking Counts Lesson Plans for: *Chicken Vegetable Bowl*

### **Course Description:**

This hands-on training will introduce you to the *Chicken Vegetable Bowl* recipe and help you better understand the process of making it following the standardized recipe.

Estimated class time: 3 hours

### **Local Ingredients:**

This recipe features the following local ingredient(s): chicken, garlic, carrots, snow peas, zucchini, peppers, bok choy, broccoli and onion.

Choose Iowa Food of the month resources may be found [here](#).

### **Preparation:**

#### **Equipment Needed:**

Sheet pans  
Sauce pans  
Cutting board  
Knife  
Spoons

#### **Grocery List:**

Chicken breast	Carrots
Garlic	Onion
Hoisin sauce	Broccoli
Brown rice	Bok choy
Vegetable oil	Peppers
Orange juice	Zucchini
Garlic powder	Snow peas
Ground ginger	
Black pepper	
Cornstarch	

### **Opening Remarks:**

Today's lesson is a Chicken Vegetable Bowl. The umami flavors of this chicken pops against the rice and roasted vegetables in this dish. The bright flavors of the orange and hoisin sauce brings this dish to life. This recipe allows for customization in your vegetable selections based on the likes of your students.

### **Understand the Ingredients and Methods:**

You have a choice of many kinds of vegetables and many cooking methods. Cooking affects vegetables in four ways it changes the:

1. Texture
2. Flavor
3. Color
4. Nutrients

*This project was funded using U.S. Department of Agriculture grant funds.  
The USDA is an equal opportunity provider and employer.*



How much these four characteristics change determines whether your final product is attractive, flavorful and nutritious. A vegetable is said to be done when it reaches the desired degree of tenderness. This stage varies from vegetable to vegetable. Most vegetables are best cooked very briefly, or until they are crisp-tender. At this stage of tenderness, they not only have the most pleasing texture, but also retain maximum flavor, color and nutrients.

Cooked vegetables do not taste like raw vegetables because cooking produces certain chemical changes. As long as the vegetables are not overcooked, this change is desirable. It produces the flavors one looks for in vegetable dishes.

Key factors in maintaining quality and nutrition in vegetables:

- Don't overcook
- Cook as close to service time as possible
- Cut vegetables uniformly for even cooking
- When boiling vegetables:
  - Start with boiling water for vegetables that grow above ground
  - Start with cold water for vegetables that grow below ground

**Show video:**

[Chicken Vegetable Bowl](#)

**Lab:**

Remember your mise en place!

Prepare recipe

(This can be done in teams, individually or as a demonstration)

**Discussion and Evaluation:**

1. Did you achieve the yield identified on the recipe? Why or why not?
2. Review the appearance of the finished product. Does it look appetizing? Does appearance indicate freshness? Overcooking?
3. Texture – Is the product easy to cut and chew? Is it too soft for the ideal product?
4. Flavor – Evaluate the flavor. Does the natural flavor of the ingredients come through? Is the seasoning adequate?
5. What potential challenges and solutions do you see when making this recipe for a large number of students?
6. When customizing this recipe for your operation what modifications need to be made to the standardized recipe to make it work in your facility with your staff and your equipment?

*This project was funded using U.S. Department of Agriculture grant funds.  
The USDA is an equal opportunity provider and employer.*