**Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



**Unit: \_\_\_\_\_\_\_\_\_\_\_\_\_ Blk: \_\_\_\_\_\_\_\_**

**CREATIVE LAB: VEGETABLE SALAD OR SIDE DISH**

In your unit, choose a salad or vegetable side dish recipe that you have **NOT** made before to be prepared next week. If you decide to make a salad recipe it cannot be a basic lettuce based salad. The purpose of this creative lab is to expose you to different ways of preparing vegetables. The recipe must involve you cooking the vegetable(s) using one or more of the following methods: boiling or steaming; frying; braising; baking or broiling. The recipe must include the following components:

**CRITERIA:**

* Must be prepared and ready to serve in 45 minutes.
* Must relate to the topic we are currently studying **vegetables**.
* **Must use and hand in a recipe written on this form. Recipe must be approved by teacher!**
* Recipe must be converted into METRIC measurements (mL, not cups, tsp., or weight/grams).
* The recipe must yield no more than 4 servings.
* List the **QUANTITIES** (e.g. 50 mL olive oil, 2 tomatoes, ½ green pepper) for all the necessary ingredients in the following market order (below).

**RECIPE NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MARKET ORDER: (REMEMBER TO PUT QUANTITIES!)**

GRAIN PRODUCTS MEAT & ALTERNATIVES

FRUITS & VEGETABLES FROZEN OR CANNED GOODS

MILK PRODUCTS SPICES OR MISCELLANEOUS

**Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Unit: \_\_\_\_\_\_\_\_\_\_\_\_\_ Blk: \_\_\_\_\_\_\_\_**

**Recipe Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name of Source:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Yield:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

INGREDIENTS (in METRIC!):

METHOD:

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