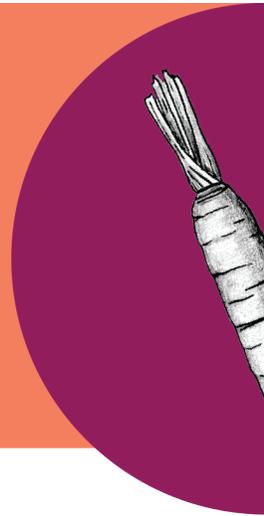


THE **EDIBLE**
SCHOOLYARD
PROJECT



CREATE YOUR OWN: GRAIN BOWL

Student Name:

Summary: In this lesson, you will practice various kitchen recipes, skills, and techniques while making a delicious grain bowl. This recipe has you combine multiple skills to make a complete meal using a flexible recipe that can adapt to any season and whatever vegetables you have available to you.

Time: 90 minutes

Before you get started:

- Collect all your materials.
- In this lesson, you will be using a knife, the stove, and the oven. Check in with an adult at home before you begin (if those aren't tools you normally use without supervision).

Materials: See the [Create Your Own Grain Bowl Recipe](#) visual to determine what materials you will use.



CREATE YOUR OWN: GRAIN

BOWL

READ: This recipe involves you making choices about the cooking methods and vegetables that will go into your grain bowl. Sometimes when we are cooking it's good to make your choices based on your skill level of different cooking methods in a recipe. It could be that you are unfamiliar with some techniques, but you want to give it a try! However, this might mean you will need to do some additional research or practice a skill first before completing the recipe. For example, our recipe gives you the option of blanching. If you are not familiar with blanching, read the directions and practice first!

REVIEW: Below is a list of cooking methods the grain bowl recipe utilizes. On a scale of 1-10, circle how comfortable are you with these different techniques.

Basic knife cuts

1	2	3	4	5	6	7	8	9	10
Never heard of this.									I'm a pro!

Blanching

1	2	3	4	5	6	7	8	9	10
Never heard of this.									I'm a pro!

Sautéing

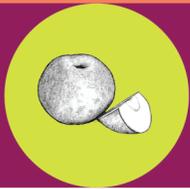
1	2	3	4	5	6	7	8	9	10
Never heard of this.									I'm a pro!

Roasting

1	2	3	4	5	6	7	8	9	10
Never heard of this.									I'm a pro!

Cooking Grains

1	2	3	4	5	6	7	8	9	10
Never heard of this.									I'm a pro!



CREATE YOUR OWN: GRAIN BOWL

READ: As with all the Create Your Own recipes, you will be making some choices in this recipe. Consider making your choices based on how comfortable you are with certain techniques. If you are unfamiliar with different techniques, take some time to practice those techniques first!

DO: Complete the Create Your Own Grain Bowl Recipe (attached below) by following each step and making your own choices. Remember to read over your recipe at least once all the way through before you begin cooking.

RECORD: Write down your recipe by circling each item you are adding or color that item in.

CLEAN: Now that you are done in the kitchen it's time to clean up! Go to the lesson, [A Clean Kitchen](#) to download your [Cleaning Checklist](#).

ENJOY: Add a sauce, dressing, or some pickles to your grain bowl. Check out these recipes for some suggestions:

- Add some pickled vegetables from the [Create Your Own: Quick Organic Pickles](#) lesson.
- Add a tangy [Yogurt Sauce](#).
- Dress your grain bowl with some [Create Your Own: Any Greens Pesto](#).

WRITE: Reflect on how it felt for you to create your own recipe. Spin your reflection wheel and answer the questions for the section you landed on. If you haven't completed a reflection wheel, see the [Kitchen Reflection Wheel lesson](#) or skip this reflection.

SHARE: Show your classmates or family members what you made! Your teacher may provide instructions for how to share your work with your classmates.

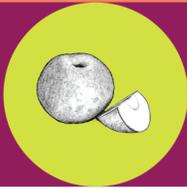
Student Notes:

You can extend this activity and learn more with the following activities:

- Check out our [How to Read a Recipe](#) lesson if you want to learn more about reading recipes.
- This recipe is for a spring seasonal grain bowl and features lots of spring vegetables. Can you create a list of vegetables that would work well for each of the other seasons (summer, fall, and winter)?

Teacher Notes:

- If students are completing this lesson as part of the kitchen curriculum, [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 3.7, the seventh lesson of Unit 3.
- For sections that instruct students to READ, you can record yourself reading aloud and send it to students. Direct them to read along with the recording. This is a helpful strategy for differentiating learning that supports all students, especially English Language Learners.
- See [Sharing Toolkit for Teachers](#) to help determine if you want students to share with their class and which platform they will use. Also see our [Sharing What You Made](#) resource for students on how to create voice memos, photo diaries, etc.



GRAIN BOWL

[RECIPE VISUAL]

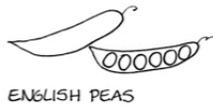
Create your own Spring Grain Bowl Recipe

*THIS RECIPE WILL MAKE 3-4 GRAIN BOWLS

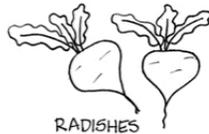
STEP ONE

PREPARE VEGETABLES

- CHOOSE UP TO 3 CUPS OF VEGETABLES. WE RECOMMEND CHOOSING 2.



ENGLISH PEAS



RADISHES



CARROTS



BEETS

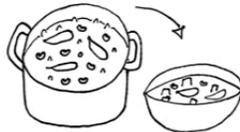
OTHER OPTIONS:

SWEET POTATOES, BUTTERNUT SQUASH,
CELERY, POTATOES, FAVA BEANS,
BROCCOLI OR MUSHROOMS

VEGETABLES ARE THE STAR OF THE SHOW FOR THIS RECIPE!
WE SUGGEST GOING TO YOUR LOCAL FARMERS MARKET TO GET THE FRESHEST AND BEST TASTING PRODUCE.

- CHOOSE THE APPROPRIATE COOKING METHOD FOR YOUR VEGETABLES

BLANCH: FAVA BEANS, ENGLISH PEAS



DIRECTIONS: PLACE VEGETABLES IN BOILING WATER FOR 2-3 MINUTES, REMOVE AND PLUNGE INTO ICED WATER OR PLACE UNDER COLD RUNNING WATER (SHOCKING OR REFRESHING) TO STOP THE COOKING PROCESS.

ROAST: BEETS, POTATOES, BUTTERNUT SQUASH SWEET POTATOES, BROCCOLI



DIRECTIONS: CUT VEGETABLES ALL THE SAME SIZE. ROAST IN A PAN WITH 1 TABLESPOON OLIVE OIL AND SALT.

SAUTE: MUSHROOMS OR BROCCOLI



DIRECTIONS: CUT INTO 1/4 INCH CUBES AND SAUTE WITH OLIVE OIL AND SALT

KEEP RAW: RADISHES, CELERY, CARROTS



DIRECTIONS: SLICE INTO 1/4-INCH-THICK SLICES

STEP TWO

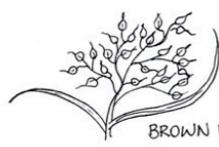
COOK GRAINS

- CHOOSE GRAINS: 3 CUPS COOKED GRAINS - THE GRAINS WILL EXPAND WHILE COOKING, USE THE AMOUNTS SPECIFIED BELOW.



BARLEY

(1 CUP BARLEY TO 3 CUPS WATER)



BROWN RICE

(1 CUP RICE TO 2 CUPS WATER)



FARRO
OR GREEN WHEAT

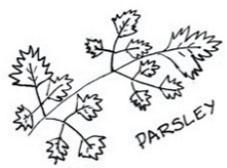
(1 CUP FARRO TO 1.5 CUPS WATER)

◦ COOKING DIRECTIONS: PUT THE DRY GRAIN OR RICE IN A SAUCE PAN WITH WATER OR BROTH, BRING IT TO A BOIL. COVER YOUR PAN WHILE COOKING. THEN TURN THE HEAT TO LOW AND SIMMER. COOK UNTIL THE LIQUID IS ABSORBED AND THE GRAINS ARE TENDER. THIS SHOULD TAKE BETWEEN 20 AND 40 MINUTES.

STEP THREE

CHOOSE TOPPINGS

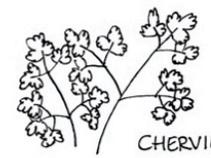
◦ CHOOSE FRESH HERBS: 1 1/2 CUPS (CHOOSE TWO)



PARSLEY



BASIL



CHERVIL



MINT

OTHER OPTIONS: DILL, TARRAGON, CILANTRO

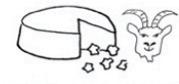
◦ CHOOSE CHEESE: 1 CUP (OPTIONAL)



FETA CHEESE
BROKEN INTO CLUMPS



A HARD CHEESE, GRATED
(PARMESAN, ROMANO, etc.)



LOCAL GOAT CHEESE,
CRUMBLD



MONTEREY JACK CHEESE,
GRATED OR CUBED

◦ CHOOSE OTHER TOPPINGS: (OPTIONAL) 1/4 CUP CHOPPED NUTS OR SEEDS



WALNUTS



ALMONDS



SUNFLOWER SEEDS

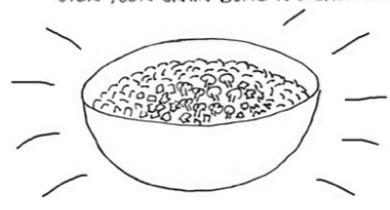


PEANUTS

STEP FOUR

ASSEMBLE GRAIN BOWL

DIRECTIONS: START ASSEMBLING YOUR GRAIN BOWL BY DIVIDING ALL YOUR INGREDIENTS EQUALLY INTO 3-4 SMALL BOWLS. TOP WITH YOUR VEGETABLES AND THEN FINISH WITH YOUR TOPPINGS. DRIZZLE 1-2 TABLESPOONS OLIVE OIL OVER YOUR GRAIN BOWL AND SALT TO TASTE.



WANT TO ADD A SAUCE?

TRY OUR OTHER CREATE YOUR OWN RECIPES AS A SAUCE FOR YOUR GRAIN BOWL:

- ① ANY GREENS PESTO
- ② YOGURT SAUCE
- ③ SALAD DRESSING

