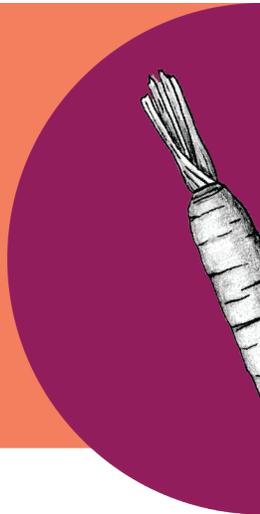


THE **EDIBLE**  
**SCHOOLYARD**  
PROJECT



## CREATE YOUR OWN: SAUTÉED ORGANIC VEGETABLES

**Summary:** Sautéing vegetables is a great way to prepare a quick, healthy side dish. Now that you know [How to Flip Food](#) (if you haven't yet completed this lesson, do it before continuing here) you are ready to sauté! Sauté means to leap or jump in French. In this lesson, you will learn how to sauté while perfecting your food flipping skills.

**Time:** 60 minutes

### Before you get started:

- Collect all your materials.
- This recipe requires you to use the stove. Check-in with an adult at home before you begin (if that isn't something you do normally without supervision).
- You will be cutting vegetables in this lesson. Make sure you are practicing good knife safety.

**Materials:** See the [Create Your Own: Sautéed Vegetables](#) visual to determine what ingredients you will use.



## CREATE YOUR OWN: SAUTÉED ORGANIC VEGETABLES

**DO:** Complete the [Create Your Own: Sautéed Vegetables](#) 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.

**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](#).

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

**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.
- Make a list of seasonal vegetables that you could sauté during each season. For example, in spring you could sauté the following: asparagus, sweet peas, carrots, and fennel.

### Teacher Notes:

- If students are completing this lesson as part of the kitchen curriculum, [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 3.2, the second lesson of Unit 3.
- 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.



# SAUTÉED ORGANIC VEGETABLES

[RECIPE VISUAL]

## Create your own Sautéed Vegetables

SAUTÉING VEGETABLES IS A GREAT WAY TO PREPARE A QUICK, HEALTHY SIDE DISH. SAUTÉING INVOLVES COOKING OVER MEDIUM-HIGH HEAT IN A FRYING PAN OR SKILLET WHILE TOSSING (SAUTÉ MEANS TO LEAP OR JUMP IN FRENCH) TO MIX. NEARLY ANY SEASONAL VEGETABLE CAN BE SAUTÉED!

### STEP ONE

CHOOSE GREENS, VEGETABLES, OR A MIX OF BOTH

GREENS AND VEGETABLES CAN COOK AT DIFFERENT RATES, WHICH CHANGES THE COOKING TIME REQUIRED. WE RECOMMEND COOKING VEGETABLES FIRST. THEN ADDING IN YOUR GREENS IN THE LAST 5 MINUTES OF COOKING.

◦ CHOOSE GREENS: 1/2 BUNCH



KALE



COLLARD



SPINACH

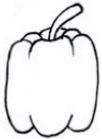


CHARD

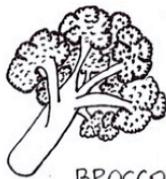
OTHER OPTIONS: PAC CHOI, MUSTARD GREENS, BEET TOPS, CABBAGE

→ CHOOSE ONE OR MORE THAN ONE!

◦ CHOOSE VEGETABLES: 2 CUPS, CUT INTO BITE-SIZED PIECES.



BELL PEPPERS



BROCCOLI



CAULIFLOWER



CARROTS



ONIONS

→ CHOOSE ONE OR MORE THAN ONE!

## STEP TWO

CHOOSE A FAT

CHOOSE A FAT: 2 TABLESPOONS



EXTRA VIRGIN  
OLIVE OIL



VEGETABLE OIL



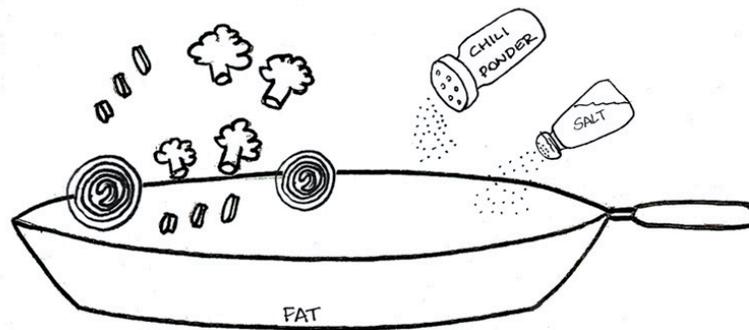
BUTTER

OTHER OPTIONS: SESAME OIL,  
BACON FAT, NUT OILS,  
COCONUT OIL, OR GRAPESEED OIL

## STEP THREE

SAUTÉ YOUR VEGETABLES

**DIRECTIONS:** WARM A SKILLET OVER MEDIUM-HIGH HEAT FOR A MINUTE. ADD THE FAT AND SWIRL TO COAT THE BOTTOM OF THE PAN. AFTER 10 OR SO SECONDS ADD YOUR VEGETABLES. STIR, OCCASIONALLY FLIPPING THE FOOD. COOK FOR 5 MINUTES. THE LONGER YOU COOK THE VEGETABLES THE MORE TENDER THEY WILL BE.



## STEP FOUR

SALT TO TASTE AND SEASON

**DIRECTIONS:** ADD SALT AND SPRINKLE WITH CHILI POWDER,  
SUMAC, AND OTHER SPICES

EAT ON IT'S OWN,  
OR SERVE OVER GRAINS OR WITH EGGS.

