

Chopped Salad Competition



**These slides were created by the
Kentucky Inclusive Health Collaborative at the
University of Kentucky Human Development
Institute in collaboration with Aramark and the
American Heart Association as part of the
Healthy for Life[®] Initiative.**



Agenda

- Introduction
- Know Your Knives Demonstration
- Chopped Salad Competition
- Goal Setting



Learning Objectives

- Recognize different types of kitchen knives and their various uses.
- Gain important knife skills for everyday meal prep.
- Learn basic nutrition information by building a salad.



Ice Breaker



Get Familiar With Your Knives

- Knowing how to use knives is important to kitchen success



Chef's Knife

- Classic and most important go-to knife
- Do not use to carve poultry or large skin vegetables and fruits



Proper Grip

- Pinch knife where blade meets handle
- Focus grip on pinching blade
- Slide knife in forward motion not up and down
- Focus attention on your hand and knife, not on food



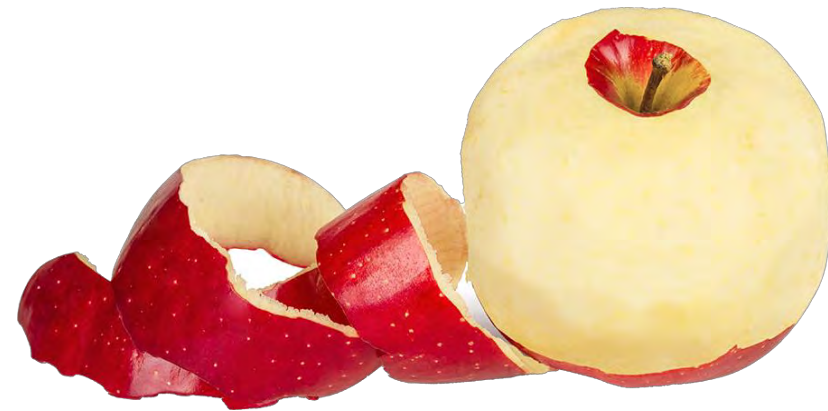
Boning Knife

- Best for fish, meat, or poultry
- When working with bones you need a flexible blade



Paring Knife

- Great for slicing and mincing



Serrated Knife

- Great for foods with slippery, waxy surfaces
 - Tomato and bread
- A smooth chef's blade would be more likely to slip



Honing Steel

- Used to keep knives sharp
- Realigns or straightens the blade fibers



More Ways To Keep Knives Sharp

- Use one cutting board for meat and a different one for vegetables
- Wash knives by hand, never in a dishwasher
- Dry knives immediately after washing
- Keep practicing knife skills



Chopped Colorful Veggie Salad



Chopped Colorful Veggie Salad

Makes 6 servings; 1 cup per serving
Per serving: 156 Calories; 1.1 g Saturated Fat; 16 mg Sodium

Ingredients



2 cups kale OR spinach, chopped



1 1/2 cups frozen corn (thawed)



1/2 cup shelled frozen edamame (thawed)



1 cup chopped tomatoes



1 cup peeled, chopped cucumber



1/2 cup red onion



1 avocado, diced



2 tablespoons lime juice



1 tablespoons olive oil



Pepper

Tools Needed



Measuring cups & spoons



Fork



Knife



Cutting board



1 Large bowl & 1 small bowl

Directions

1

Using your knife and cutting board, chop the kale or spinach, tomatoes, cucumber, red onion and avocado.



2

In a large bowl, combine:
2 cups of greens,
1 1/2 cups corn,
1/2 cup edamame,
1 cup tomatoes,
1 cup cucumber,
1/2 cup red onion
and avocado.



3

In a small bowl, whisk together 2 tablespoons of lime juice with 1 tablespoon of olive oil with a fork.



4

Toss lime juice and oil mixture with the salad.
Season with pepper to taste.



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Getting Started

Dark leafy greens

- Kale
- Spinach
- Remove tough stems from middle of leaf
- Chop or tear into bite-size pieces



1. Wash under cold water
2. Wrap loosely in dry paper towel
3. Store in plastic bag in vegetable drawer in refrigerator



Add Some Toppings

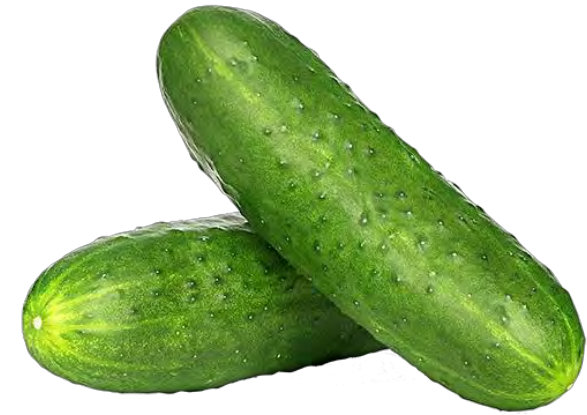
1. Measure 1 ½ cups of corn
2. Chop two tomatoes with serrated knife
3. Add to salad





Add Cucumbers

1. Peel cucumbers
 - Slide peeler down cucumber skin
 - Remember to cut the ends off
2. Use chef's knife to cut in half long ways
3. Cut each half in half again
4. Take each quarter and cut long ways again
5. Slice each thin slice into bite-sized pieces
6. Pour cucumber into salad



Add Edamame

1. Pour ½ cup edamame into salad

- Edamame is a soybean
- Rich in protein
- Great for vegetarian meals





Add Onions

1. Peel onion
2. Use Chef's knife
3. Cut in half
4. Cut off the stem end
5. Make small vertical cuts from middle up
 - ¼ inch long
6. Cut onion horizontally over the long slices



Add Avocado

- Packed with nutrients and healthy unsaturated fats
 - Good for hearts
- How to pick an avocado?
 - Heavy for its size
 - Press near the stem with thumb
 - Should be soft





Cut Avocado

1. Use chef's knife
2. Cut avocado in half
3. Avoid pit (seed) in middle
4. Twist open avocado and dig out the pit (seed)
5. Cut each in half again
6. Peel the skin off
7. Take quarter slices and slice in half again
8. Cut into bite-size pieces



Make The Dressing

1. Measure ingredients and mix together
 - 2 tablespoons lime juice
 - 1 tablespoon olive oil



Toss Salad Together

1. Add the dressing
2. Add dash of pepper if you like
3. Toss salad
4. Enjoy!





CHEF'S KNIFE

Go-to knife for most cooking and kitchen tasks, except to carve poultry and skin large vegetables



SERRATED KNIFE

Best for slicing foods with a slippery, waxy surface and bread



BONING KNIFE

Best for cutting up fish, meat and poultry



PARING KNIFE

Best for slicing and mincing



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When you hear "salad," you may think of a boring bowl of lettuce and tomatoes. But salad can be so much more! With a few simple additions, it can be a delicious, healthy and inexpensive meal.

BUILD A HEALTHIER SALAD

GRAINS

Adding cooked whole grains to your salad is a satisfying way to feel full longer! Try whole wheat couscous or pasta, barley, quinoa, or wild rice!

Add sliced fresh or dried fruit — choose a rainbow of colors. Pears, apples, and berries are all super salad ingredients!

FRUITS

Vegetables can add crunch and flavor to any salad! Try raw carrots, cucumbers, or broccoli. Roasted beets, potatoes, and squash add a little bit of sweetness.

VEGGIES

Choose lower-fat, lower-sodium cheeses such as mozzarella or Swiss. Add canned and frozen produce with little salt and added sugar. When adding ingredients, choose options low in sugar, fat, and sodium. Frozen and canned ingredients work great. Be sure to drain, rinse and pat dry to help your greens stay crisp!

QUICK TIPS

PROTEINS

Adding protein to your salad will keep you feeling fuller longer. Try grilled chicken, salmon, tuna, a hard-boiled egg, or a small amount of cheese! Beans and unsalted nuts are other great options!

GREENS

Choose dark, leafy greens like romaine, spinach, or arugula. You can also add fresh herbs like basil, thyme, oregano, or mint for zesty flavor and extra nutrients!

DRESSINGS

Make your own healthy dressing with oil, vinegar, and spices from your pantry! Jazz it up with fresh herbs, citrus juice, garlic, or scallions. Taste-test as you add small amounts of ingredients until you find what you love!



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BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes

plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit

pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarbs
strawberries
tomatoes
watermelons



EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale

kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

ORANGE & YELLOW

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges

orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE

bananas
cauliflower
garlic
Jerusalem
artichokes

mushrooms
onions
potatoes
parsnips
shallots


keep FOODS FRESH longer





General Storage Tips – Produce can be stored on the counter or in the fridge at 40° F or below.


Refrigerate all produce that is pre-cut or peeled.


FRUIT


 **Apples** - Store on the counter up to a week or in the fridge for longer. Keep away from other produce.


Avocados – Ripen on the counter then store in the fridge. 


 **Bananas** – Ripen on the counter away from sunlight and heat.

Berries, Cherries & Grapes – Keep blueberries, blackberries, strawberries and raspberries in dry, covered containers in the fridge. Wash when ready to eat. 

 **Citrus fruit** – The crisper drawer or mesh bag in the fridge is best for clementine, grapefruit, lemons, limes and oranges.


Melons - - Cantaloupe and honeydew, cut or not, should be kept in the fridge. Keep watermelon in a dark, dry place away from other produce. Put any cut melon in the fridge. 


 **Stone fruit** – Keep nectarines, peaches and plums in a paper bag on the counter until they ripen then move to the fridge for a few more days.


Tomatoes – Always store at room temperature as the fridge will make them rot quickly. Keep loose in a bowl away from sun or heat (like the stove.) 


VEGETABLES


 **Broccoli & Cauliflower** – Best kept in separate fridge drawers away from other produce.


Celery & Green Beans – Store in the fridge. 


 **Corn**– Store in the fridge inside their husks.

Cucumbers & Eggplant – Keep in the fridge on the top shelf. 

 **Leafy green vegetables** – Greens like lettuce, collards, chard, kale, and spinach should be stored in the fridge.

Onion family – Store garlic and onions in a cool, dark, and dry space but separate from other foods because of strong odors. 

 **Mushrooms** – Keep unwashed in the fridge. Moisture makes them slimy.

Peppers – Keep in the fridge on the top shelf. 

 **Root vegetables** – Store carrots, beets, and radishes in the fridge. Store potatoes, sweet potatoes, and winter squashes in a cool, dark, and dry place like a pantry or cellar.



Information in this handout was sourced from The American Heart Association
www.heart.org/en/healthy-living/healthy-eating/add-color/keep-fruits--vegetables-fresher-longer

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SMART

What are your **SMART** goals?

Specific	Measurable	Attainable	Relevant	Time-Based
				



SMART Goal Example

Goal:

I will chop and use more fresh fruits and vegetables when cooking.

SMART Goal:

I will work on chopping and adding vegetables into a side salad with a meal three times a week.





SMART Goals

My Goal

Step 5

Time-Based

When will this goal be met?



Step 4

Relevant

Will this goal help me reach my long-term goals?

Step 3

Attainable

How can this goal be met?

Step 2

Measurable

How will I know when I reach my goal?



Step 1

Specific

What do I want to accomplish?

Questions?

Thank You!

