

## Hosting a Cooking Class

### Recruitment

- Recruitment is a major key to running a successful cooking class. Get the word out early and remind participants often.
- Use multiple forms of communication when trying to reach participants: post a flyer, collect mailing addresses, email addresses, and phone numbers when possible.
- Send a mailing, requesting an RSVP, to potentially interested folks about 5 weeks before an intended cooking class.
- Contact those who expressed interest to provide more information about the course and encourage them to attend/ get a verbal commitment (2-3 weeks before the class).
- Remind potential participants about the class 1-2 days before the class and again on the day of.
- Recognizing that people have many demands on their time and attention, we have found it helpful to recruit at least twice as many people as the number you expect to attend.

### Step 2: Scheduling

- Choose a date and time in which people are likely available (we pick slots from 4-6pm to accommodate staff ability and the needs of working participants). Talk to your clients and volunteers about times that will work well for them.
- Host classes at consistent days and times each week/month (example: every third Wednesday). Consistent timing will allow you to develop a group of people who attend your classes regularly. Alternatively, host classes at varied times in order to bring in different people each class.
- Plan for staff and volunteers to spend an hour before and after the class for set up and clean up.

### Step 3: Curriculum Building

- Topics can vary from basic nutrition and cooking to more specific food related topics. Here are some topics that we have covered at JFS:
  - Cooking Using Substitutions
  - Cooking Without Recipes
  - Mindful Eating
  - Food Budgeting
  - Using Leftovers
  - 30 Minute Meals
  - Cooking for Health
  - Seasonal Cooking
  - Canning and Jarring
  - MyPlate/ Healthy Cooking Basics
  - Choosing Whole Grains
  - Focus on Breakfast





# Hearty Egg Burritos

**Serving Size:** Serves 4, 1 burrito per serving

## Ingredients

- 3 green onions
- 1 medium red or green bell pepper
- 1 medium clove garlic
- 2 ounces low-fat cheddar cheese
- 1 (15½-ounce) can black beans, no salt added
- 1 teaspoon canola oil
- 4 large eggs
- ¾ teaspoon ground cumin, divided
- ¼ teaspoon ground black pepper
- Non-stick cooking spray
- 4 (8-inch) whole wheat flour tortillas

## Optional Ingredients:

- ⅓ cup nonfat plain yogurt
- ¼ cup fresh cilantro

## Materials

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Measuring cups
- Measuring spoons
- Medium skillet
- Paper towel
- Plate
- Rubber spatula
- Sharp knife
- Small bowl

## Nutrition Facts

Serving Size 1 burrito (266g)  
Servings Per Container 4

Amount Per Serving

**Calories 330**      **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**      **12%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 180mg**      **60%**

**Sodium 500mg**      **21%**

**Total Carbohydrate 43g**      **14%**

Dietary Fiber 9g      **36%**

Sugars 5g

**Protein 20g**

Vitamin A 15%      • Vitamin C 45%

Calcium 30%      • Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Massaged Kale Salad

**1 LARGE bunch kale**

**1 teaspoon sea salt**

**1/3 cup sunflower seeds, toasted (or pumpkin seeds, chopped pecans or almonds)**

**1/4 cup diced red onion**

**1/3 cup currants, raisins or dried cranberry**

**3/4 cup diced apple, (1/2 apple) or pear**

**1/4 cup olive oil**

**2 tablespoons unfiltered apple cider vinegar or lemon juice**

**Optional: 1/3 cup gorgonzola or feta cheese, crumbled**

1. Be sure to choose a large bunch of kale (or two small ones) or the salad will be overly salty and over-dressed. Large = 16-20 leaves that are at least 12" long.
2. De-stem kale by pulling leaf away from the stem. Wash leaves. Spin or pat dry.
3. Stack leaves, rollup and cut into thin ribbons (chiffonade).
4. Put kale in a large mixing bowl. Add salt, massage salt into kale with your hands for 2 whole minutes. The volume of the kale should reduce by about 1/3.
5. To toast seeds, put in a dry skillet over low to medium heat and stir constantly for a few minutes until they change color and give off a nutty aroma.
6. Put kale in a fresh bowl and discard any leftover liquid.
7. Stir onion, currants, apple and toasted seeds into kale.
8. Dress with oil and vinegar or lemon juice and toss. Taste for salt and vinegar, adding more if necessary. (Optional: When at desired flavor, toss in cheese.)

Preparation time 15 minutes

Makes 6 servings

Recipe adapted from [www.cookusinterruptus.com](http://www.cookusinterruptus.com)