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.
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 ½ cups frozen corn (thawed)
- ½ cup shelled frozen edamame (thawed)
- 1 cup chopped tomatoes
- 1 cup peeled, chopped cucumber
- ½ cup red onion
- 1 avocado, diced
- 2 tablespoons lime juice
- 1 tablespoons olive oil
- Pepper

**Tools Needed**

- Measuring cups & spoons
- Fork
- 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 ½ cups corn,
   - ½ cup edamame,
   - 1 cup tomatoes,
   - 1 cup cucumber,
   - ½ 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
Cutting cucumber video
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
How to work with an avocado video
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!
Basic Kitchen Knives

**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
Build a Healthier Salad

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.

1. **Greens**
   - Choose dark, leafy greens like romaine, spinach, or arugula. You can also add fresh herbs like basil, thyme, oregano, or mint for added flavor and extra nutrients.

2. **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 or beans are other great options.

3. **Fruits**
   - Add sliced fresh or dried fruit—you can choose from a rainbow of colors. Pears, apples, and berries are all super salad ingredients!

4. **Grains**
   - Adding cooked whole grains to your salad is a satisfying way to feel full longer. Try whole wheat couscous or quinoa, barley, or wild rice.

5. **Veggies**
   - 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.

6. **Quick Tips**
   - Choose garnishes such as nuts, seeds, or herbs.
   - Add a dressing with olive oil and vinegar. Start with small amounts of ingredients.
   - Toss it all together and add the dressing. Taste-test as you go and adjust with more salt, pepper, or spices as you see fit.

Dressing

Make your own healthy dressing with oil, vinegar, and spices from your pantry! Start it with fresh herbs, lemon juice, or anchovies. Toss the dressing on your salad, then add a small amount of ingredients until you find what you love!
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.
Fruits

- **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.
- **Leathy 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.

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.
SMART

What are your SMART goals?

Specific  Measurable  Attainable  Relevant  Time-Based

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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

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?

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Questions?
Thank You!