

# HOW TO BREAK DOWN Winter Squash

## SPAGHETTI SQUASH

Ready in: 10 to 12 minutes

### What you need:

- ▶ Sharp knife
- ▶ Peeler
- ▶ Microwave (optional)
- ▶ Spaghetti squash

### Directions

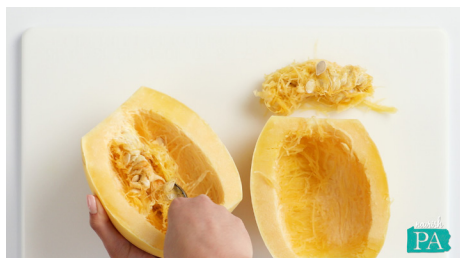
### Tips

- ▶ To make cutting easier, use a knife to make small 1-inch cuts into squash skin. Microwave whole squash for 4 to 6 minutes to soften skin. Allow to cool enough to touch and follow step one.
- ▶ Shred flesh of squash with fork and serve like pasta or rice.



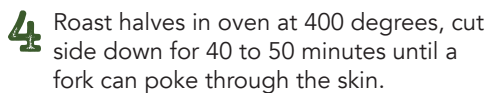
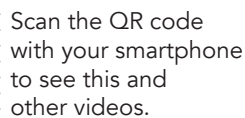
**1** Cut off both ends of squash with a sharp knife.

**2** Cut squash from top to bottom. Press knife using both hands to cut squash in half.



**3** Hold cut half and scoop seeds out using hands or spoon. Do the same with the other half.



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# HOW TO CUT a Mango



Ready in:  
3 minutes

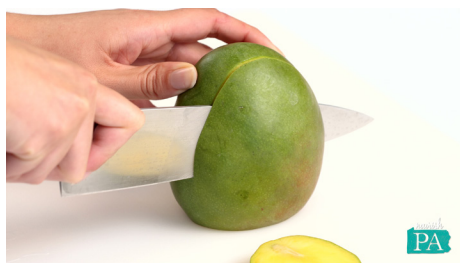
## What you need:

- ▶ 1 mango
- ▶ Cutting board
- ▶ Sharp knife
- ▶ Spoon (optional)

## Directions



- 1 Cut a thin slice from the bottom end of the mango so that it sits flat on the counter.



- 2 Cut along the center of the mango, against the side of the flat pit. Do the same on the other side of the flat pit.



- 3 Cut the mango, peel side down, long ways and short ways to make little cubes. Do not cut into peel. Do the same with the other piece.



- ### Tips

  - ▶ To freeze mango slices, space out on baking sheet and freeze until fully hardened. Place into freezer bags and store for up to a year!
  - ▶ Freeze mango cubes to make smoothies.

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# HOW TO BREAK DOWN Winter Squash

## BUTTERNUT SQUASH

Ready in: 10 to 12 minutes

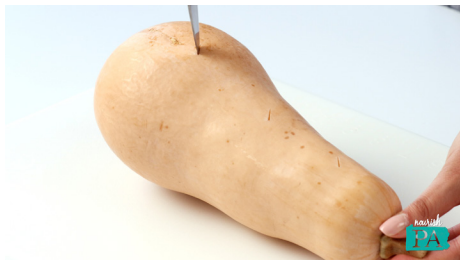
### What you need:

- ▶ Sharp knife
- ▶ Peeler
- ▶ Microwave (optional)
- ▶ Butternut squash

### Directions

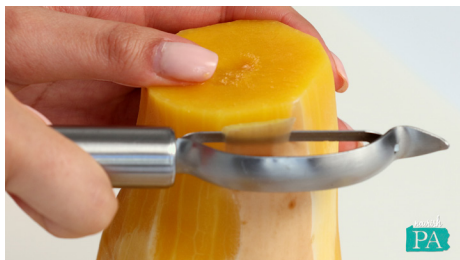
#### Tips

- ▶ To make peeling and cutting easier, use a knife to make small 1-inch cuts into squash skin. Microwave whole squash for 4 to 6 minutes to soften skin. Allow to cool enough to touch and follow step one.
- ▶ Butternut squash can be roasted, steamed, or sauteed on the stovetop, or even served warm in salads!



**1** Cut off both ends of the squash with a sharp knife.

**2** Cut squash in half, separating neck (smaller top piece) from base (bigger bottom piece).



**3** Place neck of squash standing up on cutting board. While holding squash with one hand, use a peeler to peel away skin with the other hand. Do the same with the base of the squash.



- 4 Cut the base of the squash in half. Hold base half, and scoop seeds out using hands, or spoon. Do the same with the other half of the base.
- 5 Place the base of the squash cut side (flat) down on the cutting board. Slice base into half-moon shapes. Cut half-moons into cubes.
- 6 Place neck of squash standing up onto cutting board and cut in half.
- 7 Lay squash neck flat side down onto cutting board and cut into cubes.

Notes: \_\_\_\_\_

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# HOW TO COOK Grains



**Ready in:**  
20 minutes (can be longer for some grains)

## What you need:

- ▶ Grains: White rice, brown rice, quinoa, couscous
- ▶ Medium and large pot

## Directions



**1** Measure out grains and rinse in fine mesh sieve or colander lined with coffee filter before cooking. Heat small amount of oil in saucepan over medium-high heat.



**2** Stir in grains for about 3 to 5 minutes until toasted.



**3** Stir in water or broth. Add salt to taste. Turn heat down to medium-low, and simmer (bubble), covered, until grains are tender, and liquid is gone. For white rice and quinoa, that is about 16 to 20 minutes. For brown rice, it's 40 to 45 minutes. (Times are for regular, not instant types).



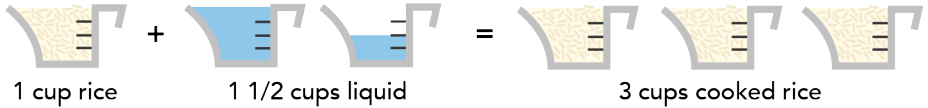
- 4** Let sit, covered, for 5 minutes. Using a fork, fluff grain before serving.

**Couscous:**

1. Bring broth or water to boil in pot. Stir in couscous. Add salt to taste.
2. Take off the heat, cover, and let steam for 5 minutes.

**Water to Grain Ratio:**

**White Rice**



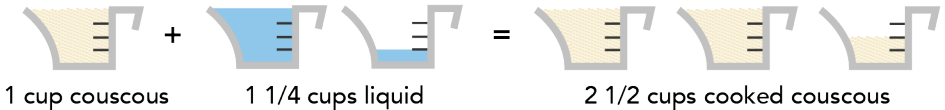
**Brown Rice**



**Quinoa**



**Couscous**



**Tips**

- ▶ If cooking liquid evaporates before rice is fully cooked, add 1 tablespoon at a time of liquid until grain is fully cooked.
- ▶ Leftover rice can be used for stir fry the next day.
- ▶ Add quinoa or couscous cold to salad.

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# HOW TO CUT An Avocado

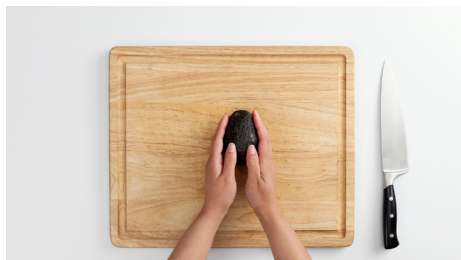


Ready in:  
5 minutes

## What you need:

- ▶ 1 avocado
- ▶ Cutting board
- ▶ Sharp knife
- ▶ Spoon (optional)

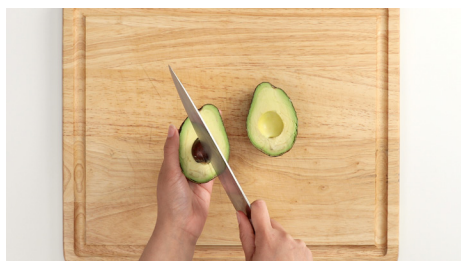
## Directions



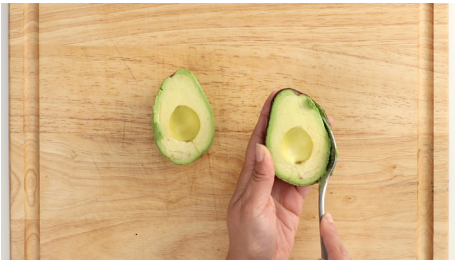
- 1** Place avocado on cutting board. Holding avocado firmly in place with one hand, use other hand to cut avocado in half with sharp knife, end to end, until the knife hits the pit. Rotate avocado, keeping knife steady, to cut around pit.



- 2** Twist two halves apart.



- 3** Carefully press knife into the pit, twist just a little and the pit should come out.



- 4** If slicing, use a spoon and loosen skin around avocado to remove flesh (soft green part). Do the same with the other half.



- 5** Place avocado half cut side down on cutting board and slice end to end with knife. Do the same with other half.

### Tips

- ▶ Avocados are ripe when they turn from green to black and give to firm, gentle pressure.
- ▶ Once an avocado is ripe, eat within two days or store whole in refrigerator for up to 3 days.
- ▶ Avocados can be peeled, cut and frozen in a freezer-safe storage bag for up to 4 to 6 months.
- ▶ To prevent cut avocado from turning brown, toss in lime or lemon juice, cover, and store in refrigerator for up to a day.

Notes: \_\_\_\_\_

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# HOW TO BREAK DOWN Winter Squash

## ACORN AND DELICATA SQUASH

Ready in: 10 to 12 minutes

### What you need:

- ▶ Sharp knife
- ▶ Peeler
- ▶ Microwave (optional)
- ▶ Acorn or delicata squash

### Directions

### Tips

- ▶ To make cutting easier, microwave whole squash for 3 to 5 minutes to soften. Allow it to cool enough to touch and follow step one.
- ▶ Acorn squash is great when it's cut in half and stuffed with sausage, corn bread, rice and more! Bake until fork tender and enjoy!
- ▶ Delicata squash is great roasted whole with the skin-on. Remove seeds and slice into rounds. Toss in oil. Season with salt and pepper to taste, and roast until fork tender.

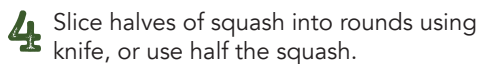
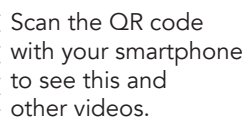


**1** Cut both ends off with sharp knife.

**2** Stand the squash up and cut down through the center (from top to bottom).



**3** Hold cut half and scoop seeds out using hands or spoon. Repeat with the other half.

[illegible]

# HOW TO BREAKDOWN a Whole Chicken



**Ready to cook in:**  
10 minutes

## What you need:

- ▶ 4 to 5 pound whole chicken
- ▶ Cutting board
- ▶ Sharp knife
- ▶ Kitchen shears (scissors)

## Directions



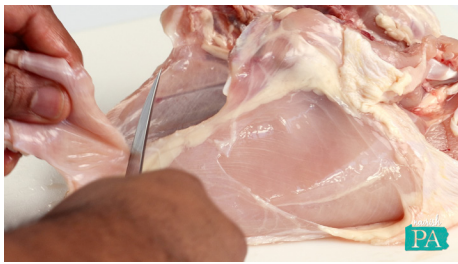
- 1** Place whole chicken on cutting board, breast side up, with wings facing away.



- 2** Bend wings out from body of bird, and using a sharp knife, slice between joint of wing and breast of bird to free wing. Do this again on the other side.



- 3** Pull leg (drumstick) away from chicken, cut through skin, and loosen leg from body. Bend leg quarters down to "pop" the leg joint. Use the knife to cut through the leg joint. Do this again on the other side.



- 4** Remove rib meat from both sides of body using a sharp knife.



- 5** Split breasts by carefully cutting through skin on top of center of breasts and work knife into and through meat. Press knife through breastbone using both hands to split breast in two.



- 6** Cut breasts short ways, using both hands to control knife, and cut into two pieces.



- 7** Separate drumsticks from thigh, cutting at seam that naturally splits drumstick from thigh. Do again with other leg.

## Tips

- ▶ Any meat, bones or fat that are not used for cooking can be used to make chicken stock.
- ▶ If chicken was fresh and never frozen, it can now be frozen for up to 9 months.

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# HOW TO PREPARE AND STORE Fresh Greens



**Ready in:**  
16 minutes

## What you need:

- ▶ Fresh greens: Kale, collard greens, swiss chard, spinach
- ▶ Cutting board
- ▶ Sharp knife
- ▶ Baking sheet
- ▶ Large pot
- ▶ Ice (if blanching greens)
- ▶ Freezer-safe storage bags

## Directions



**1** Fill large bowl or clean sink with cold water. Add greens and shake in the water to start to remove dirt. Use fingers to brush away any dirt left after shaking and give a quick rinse over the sink.

**2** Place cleaned greens in salad spinner or place greens on paper towels or dish towel to let dry.

**3** Place clean greens on cutting board. Fold leaves together and cut the stem away from the leaves using a sharp knife. Do this with all the greens.



**4** Stack a few leaves with the stem cut away on top of each other on the cutting board. Holding greens in place with one hand, cut greens into strips and then chop strips into smaller pieces. Do this with all the greens.



Follow steps 5 to 8 if freezing extra greens to use later. Blanching prepares the greens to be frozen.



**5** Blanching (optional): Boil water in large pot. Line baking sheet with paper towel.

**6** Cook chopped greens in boiling water for 20 to 30 seconds, then move greens to the bowl of ice water with slotted spoon (this stops it from cooking).



**7** After 30 to 60 seconds, drain greens from ice water and spread out on baking sheet lined with a paper towel. Press out any remaining water using paper towels.



**8** To freeze, spread chopped greens in an even layer on baking sheet. Freeze until fully hard (about 1 hour.) Transfer to freezer-safe storage bag and store in freezer.

## Tips

- ▶ Any of the above greens can be prepped with steps 1 to 4 and can be added directly to meals.
- ▶ Blanching and freezing can help to store greens for up to a year.
- ▶ Greens can be eaten raw or added to soups, stews or other hot meals.
- ▶ Collard greens tend to be tough and are best when cooked.

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