

WATERMELON, FETA & MINT STACKS

Culinary Intro:	The saltiness in feta pairs nicely with the sweet watermelon. Mint adds a refreshing note, as well as color to the recipe.
Nutrition Intro:	This is a nutritious and easy to prepare snack that can be enjoyed by the whole family.

<p>Ingredients for 2 servings: Each serving = ½ cup Cost per serving=\$0.76</p> <ul style="list-style-type: none"> • ½ cup watermelon, cut into cubes • ½ cup feta cheese, sliced • fresh mint leaves • 1 teaspoon extra virgin olive oil • 1 teaspoon balsamic vinegar <p>Steps:</p> <ol style="list-style-type: none"> 1. Cut the watermelon into bite-sized cubes. 2. Slice the feta cheese into slices, careful not to crumble. Try to slice the feta about the same width as the watermelon pieces. 3. Separate the mint leaves from the stem, enough to make ¼ cup. 4. Place the watermelon cubes on a plate. Top each cube with a slice of cheese. Lay a mint leaf on each stack. 5. Place a toothpick through each stack. Drizzle olive oil and balsamic vinegar over right before serving. 	<p style="text-align: center;">Culinary/ Nutrition Notes for Demo:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; vertical-align: middle; width: 50px;">1</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • Demo: Peeling and slicing watermelon into cubes. <p>Nutrition:</p> <ul style="list-style-type: none"> • Watermelon contains carotenoids, including lycopene. It is the second highest source of lycopene after tomatoes. • Watermelon is 90% water, and contains about 6% sugar. • Watermelon rinds are edible. The rind can be stir-fried, stewed, or more often pickled. • The watermelon seeds have a nutty flavor and can be dried and roasted. In Vietnamese culture they are consumed during the New Year's holiday as a snack. • In season during the summer months. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">2</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • Feta is traditionally made with sheep's milk. Most domestic versions are made with cow's milk. It is a salty cheese. <p>Nutrition:</p> <ul style="list-style-type: none"> • Traditional Feta cheese, is made from sheep's milk or a mixture of sheep and goat's milk. It has a bold and tangy flavor. • Feta is used as a table cheese, as well as in salads and pastries. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">3</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • There are a wide variety of mint. Spearmint would be ideal to use in this recipe. <p>Nutrition:</p> <ul style="list-style-type: none"> • Mint is grows will in this region. It is specially good in warm weather and is on season summer months. • You can grow your own mint at home. • Mint is low in calories and rich in flavor </td> </tr> <tr> <td></td> <td style="padding: 5px;"> <p style="text-align: center;">http://www.wikihow.com/Cut-a-Watermelon</p> </td> </tr> </table>	1	<p>Culinary:</p> <ul style="list-style-type: none"> • Demo: Peeling and slicing watermelon into cubes. <p>Nutrition:</p> <ul style="list-style-type: none"> • Watermelon contains carotenoids, including lycopene. It is the second highest source of lycopene after tomatoes. • Watermelon is 90% water, and contains about 6% sugar. • Watermelon rinds are edible. The rind can be stir-fried, stewed, or more often pickled. • The watermelon seeds have a nutty flavor and can be dried and roasted. In Vietnamese culture they are consumed during the New Year's holiday as a snack. • In season during the summer months. 	2	<p>Culinary:</p> <ul style="list-style-type: none"> • Feta is traditionally made with sheep's milk. Most domestic versions are made with cow's milk. It is a salty cheese. <p>Nutrition:</p> <ul style="list-style-type: none"> • Traditional Feta cheese, is made from sheep's milk or a mixture of sheep and goat's milk. It has a bold and tangy flavor. • Feta is used as a table cheese, as well as in salads and pastries. 	3	<p>Culinary:</p> <ul style="list-style-type: none"> • There are a wide variety of mint. Spearmint would be ideal to use in this recipe. <p>Nutrition:</p> <ul style="list-style-type: none"> • Mint is grows will in this region. It is specially good in warm weather and is on season summer months. • You can grow your own mint at home. • Mint is low in calories and rich in flavor 		<p style="text-align: center;">http://www.wikihow.com/Cut-a-Watermelon</p>
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Nutrition Facts

Serving Size 1/2 cup (50g)

Servings Per Container 2

Amount Per Serving

Calories 50 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%** Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%****Sodium 65mg** **3%****Total Carbohydrate 4g** **1%** Dietary Fiber 0g **0%**

Sugars 3g

Protein 1g

Vitamin A 6% • Vitamin C 6%

Calcium 4% • Iron 0%

*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

Clean-up/Review comments**Culinary:**

Remember that combining flavors- the salty cheese with the sweet watermelon and refreshing mint- can take a recipe to another level.

Nutrition:

This is a quick and seasonal snack that provides a variety of nutrients, colors and flavors.

Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 Chef's knife 3. 1 large plate for presentation 4. 1 bowl for trash 5. mise en place bowls 6. toothpicks 7. measuring spoons 8. tablecloth 9. kitchen towel 10. paper towels 11. sample plates/ soufflé cups 12. copies of recipe 13. gloves 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 small watermelon <input type="checkbox"/> fresh mint <p>Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> 8 ounces feta cheese, in block (not crumbled) <p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> extra virgin olive oil <input type="checkbox"/> balsamic vinegar
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe; Fabricate half of the watermelon, store • Label all mise en place items • Make sure to leave a portion of the produce intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: ½ hour</p>	