



List of Supplies Needed

Spiced Corn & Plum Prana Salad Recipe

General

- Recipe

Find detailed lesson plans, printable recipes & more at:

foodliteracycenter.org/recipes

Cooking

- Aprons
- Measuring spoons & measuring cups
- Mortar & pestle
- Small jars with lid
- Stovetop
- Metal tongs
- Cutting mat or cutting board
- Plastic kid knife/butter knife
- Serving bowl
- Food chopper
- Paring knife
- Large mixing spoon

Food & Produce

Spice Mix Recipe

- Ginger
- Mustard seeds
- Fenugreek seeds
- Fennel seeds
- Cumin seeds
- Black pepper
- Salt
- Cloves

Salad Recipe

- Corn
- Jalapeno
- Red onion
- Heirloom tomato
- Plum
- Pumpkin seeds

Salad Dressing Recipe

- Red wine vinegar
- Whole grain mustard
- Canola oil

