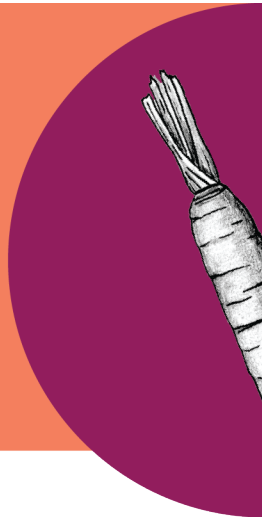


THE **EDIBLE**  
**SCHOOLYARD**  
PROJECT



## CREATE YOUR OWN: YOGURT SAUCE

**Student Name:**

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**Summary:** In this lesson, students create their own yogurt sauce recipe and practice mincing fresh herbs. This is a very flexible recipe and a good example of how ingredients can be substituted, omitted, or added.

**Time:** 60 minutes

**Materials:**

- See the [Create Your Own: Quick Organic Yogurt Sauce](#) recipe (linked and attached below) to determine what materials you will use.



## CREATE YOUR OWN: YOGURT SAUCE

**READ:** Some recipes don't have precise instructions and have very flexible ingredient lists. This Yogurt Sauce recipe is an example of a recipe that is really flexible. Recipes like this are great because the basic instructions remain the same, but many of the ingredients can be substituted. This allows you more flexibility and creativity in the kitchen.

This recipe calls for chopped fresh herbs and minced garlic or onion. This is a great opportunity to practice your new mincing skills. Make sure to mince the garlic and/or onion very finely before adding it to your sauce.

**DO:** Complete the [Choose Your Own: Yogurt Sauce](#) recipe by following each step and making your own choices.

**RECORD:** Write down your recipe by circling each item you are adding or coloring that item in. You can also write down your completed recipe in the [Recipe Card](#) visual.

**CLEAN:** Clean your knife, dry it, and put it away securely before getting started on the rest of your kitchen clean up using your [Cleaning Checklist](#).

**ENJOY:** Enjoy your yogurt sauce as a dip with some carrot or celery sticks. Try it as a salad dressing or put a dollop of it on top of a soup. This yogurt sauce goes with just about anything!

**WRITE:** Reflect on how it felt for you to create your own recipe. Spin your Reflection Wheel and answer the questions for the section you landed on. If you haven't completed a reflection wheel, see the lesson [Kitchen Reflection Wheel](#).

**SHARE:** Your teacher will let you know how to share your recipe with your class. You can also send your recipe to a family member or a friend.



## CREATE YOUR OWN: YOGURT SAUCE

**Student Notes:** You can extend this activity and learn more with the following activities:

- Prepare [Roasted Vegetables](#) and serve this sauce alongside them.
- Check out our [How to Read a Recipe](#) lesson if you want to learn more about reading recipes.

**Teacher Notes:**

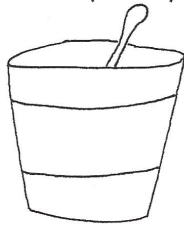
- If students are completing this lesson as part of the kitchen curriculum [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 2.6. The sixth lesson of Unit 2.
- For sections that instruct students to READ, you can record yourself reading aloud and send it to students. Direct them to read along with the recording. This is a helpful strategy for differentiating learning that supports all students, especially English Language Learners.



# YOGURT SAUCE [RECIPE VISUAL]

## choose your own YOGURT SAUCE

① Start with plain yogurt.



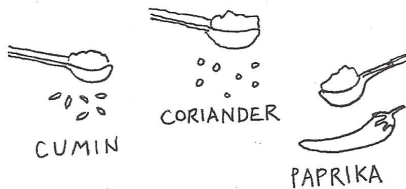
② stir in up to 2 tablespoons of:

MUSTARD or TAHINI



OR skip to step ③

③ stir in up to 1 teaspoon of:



CUMIN

CORIANDER

PAPRIKA

OR skip to step ④

④ stir in up to 1/4 cup, chopped, of:



PARSLEY

DILL

MINT

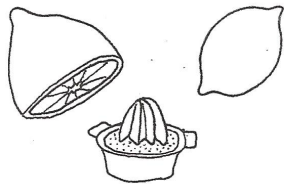
CHIVES

CILANTRO

OR skip to step ⑤

⑤ stir in up to 2 tablespoons of:

LEMON or LIME



OR skip to step ⑥

⑥ stir in up to 2 teaspoons, minced, of:



GARLIC



ONION

OR skip to step ⑦

⑦ season to taste with:



SALT

PEPPER

OLIVE OIL

OR skip to step ⑧

⑧ Taste, and return to steps 2-7 as desired.

⑨ ENJOY! Delicious as a sauce or dip for vegetables, a marinade for meat, a drizzle for falafels or savory pancakes or a dressing for salads and cole slaw.