

## Nourish Program's Knife Skills Workshop

Yield: 1 person

<b>Amount:</b>	<b>Ingredient:</b>
1 each	White or yellow onion
2 each	Carrots
½ each	Bell pepper
1 each	Celery stalk
1 each	Collard green (1 leaf and stem)
2 each	Garlic clove

### Method:

1. Onion - slice & dice (5 min)
  - a. ½ each grid and dice (3 min)
  - b. ½ each slice (2 min)
2. Carrots – roll & slice (roasting) (4 min)
  - a. 1 each - roll cut (roasting) (2 min)
  - b. 1 each – slice (2 min)
3. Bell pepper – ½ each slice and dice (3 min)
  - a. Slice (½ each) (2 min)
  - b. Dice (½ each) (1 min)
4. Celery stalk – dice (2 min)
  - a. 1 each - dice
5. Collard greens – ribbon cut and dice (4 min)
  - a. Strip and ribbon cut (1 leaf) (2 min)
  - b. Small dice stem (1 stem) (2 min)
6. Garlic – mince (3 min)
  - a. 2 each – mince

### Helpful Tips:

- Any vegetables not needed for Texas caviar can be used for vegetable broth
- You can skip the peeling of carrots

### Equipment Needs:

- Cutting board
- Non-slip cutting board mat
- Gloves
- Chef knife
- Compost bucket
- Ziploc bag for vegetables