



Everything You Need to Know! Southwest Pinto Dip – February 2016

Thank you for helping out with a True Food Taste Test! Three times each year we conduct taste tests of fresh, healthy, flavorful recipes at about 40 MPS schools. *18,000 students get to taste each time!*

GOALS: The goals of the taste test are to get kids excited to try something new and encourage them to think critically about the texture, flavor and composition of a dish (instead of just “LIKE” vs. “DISLIKE”). Students are offered samples in the lunchroom, and those who try a sample get a sticker.

Southwest Pinto Dip INGREDIENTS: pinto beans, cilantro, green onion, garlic, salt, cumin, chipotle powder, chili powder, oregano, lime juice, white vinegar, oil, honey, onion powder

ALLERGEN INFORMATION: This recipe does **NOT** have any of the 8 major allergens, but some students may be allergic to it nonetheless. We have notified the school nurses and cafeteria coordinators about the ingredients. Please check with the lunchroom manager to see if any students should NOT try it.

ABOUT: This True Food Taste Test recipe was developed by Executive Chef Mark to “spice up” things up a little bit! This dip, made with pinto beans rather than the common garbanzo beans, has just the right amount of kick to make it the perfect dip for a veggie stick or tortilla chip (without being *too* spicy!).

PREPARATION:

1. Introduce yourself to the lunchroom manager and everyone else involved in the taste test! They can grab you the food, supplies, trays & containers and find you a clean space for setup.
2. Figure out the details – when will students arrive? How much time will you have between lunch periods to prepare? How many students will there be per lunch period?
3. Everyone must wash hands and puts on gloves and a hairnet.
4. Empty the salad into containers or bowls for portioning.
5. Fill sample cups to the top (not overflowing) and place on trays. You should get 150 per bag.
6. Place one carrot stick in each sample cup.

HANDING OUT SAMPLES:

1. Quiet the lunchroom and announce the taste test to get students excited. Sample announcements are in the taste test materials.
2. Hand out samples (everyone’s welcome to try!) either from a table or by bringing trays around to tables after students are seated.
3. Thank tasters and hand out stickers to those who try samples.

Please don’t bug the lunchroom manager while he or she is preparing for/serving lunch! They’ve got a lot of work to do, and are counting on you to handle the taste tests!



4. **Count and record how many samples you serve** (for example, by seeing how many cups you start with and how many are left). We need accurate counts to make sure we don't waste food and so we can track our reach.

ENGAGE STUDENTS:

- Praise students for being adventurous tasters, regardless of whether or not they liked it.
- Get students thinking about the taste test items deeper than just LIKE vs. DISLIKE...
 - What colors do you see in the sample?
 - What flavors did you taste? Sweet? Tangy? Sour? Spicy?
 - What was the texture like? Mushy? Soft? Grainy? Smooth?
 - Do you recognize any of the ingredients?
- Be fun and enthusiastic – it's contagious!
- If you can, gather any feedback students have and jot it down.

NEW NAME CONTEST: Students can brainstorm a new name for the salad and we'll use the winning name when we menu the item next! Record the names on the sheet provided. Email New Name Contest ideas to farm2school@mpls.k12.mn.us or inter-office mail to Kate Seybold (Nutrition Center).

FUN FACTS:

- In Spanish, Pinto beans are called frijoles pintos, which means "painted beans." Dry pinto beans are speckled, like paint on a canvas.
- Pinto beans are the most commonly eaten beans in the U.S. and northwestern Mexico. In fact, New Mexico's state vegetable is the pinto bean!
- Pinto beans are a great source of fiber and protein. Many people in the southern US and northwest Mexico used to rely on pinto beans as a staple in their diets.

AFTER THE TASTE TEST:

- **Clean up the area well.** Ask the lunchroom manager for sani-wipes or cleaning materials if needed.
- Please give all *materials* and *leftover food* back the lunchroom manager.
- Stay tuned for an online survey to report back to us about your experience! You'll get a coupon to the Wedge Co-op for responding.

CONTACT: Kate Seybold, kate.seybold@mpls.k12.mn.us, 715-581-1334 (cell)

How might you convince a hesitant student to try a sample?

"This is a special taste test challenge! Are you brave enough to try it?"

"Try even just a little bite and you'll get a sticker!"

"Are you going to let other people make up your mind for you? The only way to know if you like it or not is to try it for yourself!"

"Our chefs at the Nutrition Center prepared this special dish and perfected the flavors just for you to taste."

Thank you for your help! Have fun!

For more resources, visit <http://nutritionservices.mpls.k12.mn.us/tftt>

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