

FOOD SKILLS FOR FAMILIES RECIPE SIGN-UP

SESSION ONE

FRESH GREEN SALAD	1. 2.
WHITE BEAN HUMMUS	1. 2.
MARVELOUS MINESTRONE	1. 2. 3.
CHICKEN STRIPS WITH DIP	1. 2. 3.
BANANA OAT MUFFINS	1. 2.



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SESSION TWO

YOGURT PARFAIT + HOMEMADE GRANOLA	1. 2.
ROASTED ROOT VEGETABLES	1. 2.
LEMONY GREEN BEANS	1. 2.
RATATOUILLE	1. 2. 3.
APPLE CRISP	1. 2. 3.



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SESSION THREE

CORN + POTATO CHOWDER	1. 2. 3.
APPLE CABBAGE SLAW	1. 2.
SALMON CAKES WITH RANCH YOGURT DIP	1. 2.
TOFU + VEGETABLE STIR FRY	1. 2. 3.
CHOCOLATE BROWNIES	1. 2.



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SESSION FOUR

FRUIT SMOOTHIES	1. 2.
FRITTATA MUFFINS	1. 2. 3.
BLACK BEAN QUESADILLAS	1. 2.
HEARTY BEEF CHILI	1. 2. 3.
OATMEAL COOKIES	1. 2.



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SESSION SIX

SPARKLING PARTY WATER	1. 2.
BROCCOLI CRUNCH SALAD	1. 2.
SPINACH PARTY DIP	1. 2.
ONE POT PASTA	1. 2. 3.
CARROT CAKE MUFFINS	1. 2. 3.

