

FOOD SKILLS FOR FAMILIES RECIPE SIGN-UP

SESSION ONE

HUMMUS WITH BAKED PITA CHIPS	1. 2.
SPINACH SALAD WITH HOMEMADE DRESSING	1. 2.
ROASTED VEGETABLES	1. 2. 3.
SKILLET LASAGNA	1. 2. 3.
PEACH BERRY COBLER	1. 2.



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SESSION TWO

CAESAR SALAD	1. 2.
CHICKEN STRIPS	1. 2. 3.
OVEN BAKED FRIES	1. 2.
FRUIT SALAD	1. 2.
RAISIN BRAN MUFFINS	1. 2. 3.



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SESSION THREE

FRESH FRUIT SMOOTHIES	1. 2.
BLACK BEAN QUESADILLAS	1. 2. 3.
SALMON CHOWDER	1. 2. 3.
SPINACH FRITTATA	1. 2.
CHOCOLATE PUDDING	1. 2.



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SESSION FOUR

MARVELOUS MINISTRONE	1. 2.
BARLEY WITH BLACK BEAN SAUCE	1. 2.
FISH WITH TROPICAL SALSA	1. 2. 3.
STIR-FRIED TOFU WITH VEGETABLES	1. 2. 3.
GRANOLA BARS	1. 2.



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SESSION SIX

SPARKLING PARTY WATER	1. 2.
COLESLAW	1. 2.
BEEF TACOS	1. 2. 3.
HOMEMADE WHOLE WHEAT PIZZA	1. 2. 3.
CARROT CAKE	1. 2.

