

# FOOD SKILLS FOR FAMILIES RECIPE SIGN-UP

## SESSION ONE (CHOOSE FIVE OF THE RECIPES)

<b>HUMMUS</b>	1. 2.
<b>SALMON DIP</b>	1. 2.
<b>SPINACH SALAD WITH HOMEMADE DRESSING</b>	1. 2.
<b>ROASTED VEGETABLES</b>	1. 2. 3.
<b>SKILLET LASAGNA</b>	1. 2. 3.
<b>PEACH BERRY COBBLER</b>	1. 2.



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## SESSION TWO (CHOOSE FIVE OF THE RECIPES)

<b>CAESAR SALAD</b>	1. 2.
<b>CHICKEN STRIPS</b>	1. 2. 3.
<b>BARELY WITH BLACK BEAN SAUCE</b>	1. 2.
<b>QUINOA SALAD</b>	1. 2.



<b>WILD RICE MEDLEY</b>	1. 2. 3.
<b>FRUIT SALAD</b>	1. 2.
<b>BLUEBERRY BRAN MUFFINS</b>	1. 2.
<b>CORN BREAD</b>	1. 2.



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## SESSION THREE (CHOOSE FIVE OF THE RECIPES)

<b>STRAWBERRY SMOOTHIE</b>	1.
<b>BLACK BEAN QUESADILLAS</b>	1. 2.
<b>SALMON CHOWDER</b>	1. 2. 3.
<b>THREE SISTERS STEW</b>	1. 2. 3.



<b>SPINACH FRITTATA</b>	1. 2. 3.
<b>CHOCOLATE PUDDING</b>	1. 2.
<b>ICE CREAM</b>	1. 2.



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## SESSION FOUR (CHOOSE FIVE OF THE RECIPES)

<b>MARVELOUS MINESTRONE</b>	1. 2.
<b>LENTIL VENISON SOUP</b>	1. 2.
<b>FISH WITH FRUIT SALSA</b>	1. 2. 3.
<b>TOFU WITH STIR-FRIED VEGETABLES</b>	1. 2. 3.



<p><b>ELK MEAT WITH STIR-FRIED VEGETABLES</b></p>	<p>1. 2. 3.</p>
<p><b>GRANOLA BARS</b></p>	<p>1. 2.</p>



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## SESSION SIX (CHOOSE FIVE OF THE RECIPES)

<b>SPARKLING PARTY WATER</b>	1.
<b>COLESLAW</b>	1. 2.
<b>BEEF TACOS</b>	1. 2. 3.
<b>HAWAIIAN SMOKED SALMON PIZZA ON WHOLE WHEAT CRUST</b>	1. 2. 3.





<b>OVEN BAKED FRIES + OVEN FRIED CHICKEN</b>	1. 2. 3.
<b>CARROT CAKE</b>	1. 2.
<b>BERRY PUDDING</b>	1. 2.

