

# FOOD SKILLS FOR FAMILIES RECIPE SIGN-UP

## SESSION ONE

<b>FRESH GREEN SALAD</b>	1. 2.
<b>HUMMUS &amp; PITA CHIPS</b>	1. 2.
<b>LENTIL VEGETABLE SOUP</b>	1. 2. 3.
<b>CHICKEN STRIPS WITH DIP</b>	1. 2. 3.
<b>BANANA OAT MUFFINS</b>	1. 2. 3.



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## SESSION TWO

<b>VEGGIE FRITTERS</b>	1. 2.
<b>OVEN ROASTED BROCCOLI</b>	1. 2. 3.
<b>THREE SPICE BUTTERNUT SQUASH</b>	1. 2.
<b>CURRY &amp; BROWN RICE</b>	1. 2.
<b>APPLE CRISP</b>	1. 2. 3.



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## SESSION THREE

<b>BROCCOLI CHEDDAR SOUP</b>	1. 2. 3.
<b>FISH TACOS &amp; CABBAGE SLAW</b>	1. 2. 3.
<b>BAKED TOFU &amp; VEGETABLE STIR FRY</b>	1. 2. 3.
<b>CHOCOLATE BROWNIES</b>	1. 2. 3.



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## SESSION FOUR

<b>FRUIT SMOOTHIES</b>	1.
<b>FRITTATA</b>	1. 2.
<b>BLACK BEAN QUESADILLAS</b>	1. 2. 3.
<b>HEARTY BEEF CHILI</b>	1. 2. 3.
<b>GRANOLA BITES</b>	1. 2.



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## SESSION SIX

<b>SPARKLING PARTY WATER</b>	1.
<b>CREAMY KALE SALAD</b>	1. 2.
<b>PASTA MARINARA</b>	1. 2.
<b>WHOLE WHEAT CRUST PIZZA</b>	1. 2. 3.
<b>OATMEAL COOKIES</b>	1. 2. 3.

