

FOOD SKILLS FOR FAMILIES RECIPE SIGN-UP

SESSION ONE

HUMMUS WITH BAKED PITA CHIPS	1. 2.
INDIAN SALSA WITH SPICY CITRUS DRESSING	1. 2. 3.
DAHL	1. 2.
RICE PILAF	1. 2. 3.
SEVIAN	1. 2.



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SESSION TWO

<p>SEARED TOFU/CHICKEN WITH VEGETABLES</p>	<p>1. 2. 3. 4.</p>
<p>BARLEY WITH BLACK BEAN SAUCE + BASMATI RICE</p>	<p>1. 2. 3. 4.</p>
<p>PEACH BERRY COBLER</p>	<p>1. 2. 3. 4.</p>



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SESSION THREE

STRAWBERRY SMOOTHIE	1.
RAJMA WITH PANEER	1. 2. 3.
BLACK BEAN QUESADILLAS	1. 2. 3.
SPINACH FRITTATA	1. 2. 3.
BARFEE	1. 2.



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SESSION FOUR

SPINACH SALAD	1. 2.
MARVELOUS MINISTRONE	1. 2. 3.
FIVE VEGETABLE CURRY	1. 2. 3.
HEALTHY DAHLIA	1. 2.
BLUEBERRY BRAN MUFFINS	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 PUDDING	1. 2.

