

..... *Enjoy!*

MATERIALS

INGREDIENTS

YIELD

DISH:

FOOD GROUP(S):

NUTRITION FACTS PER SERVING

Calories: ____, Total fat: ____g, Sodium: ____mg, Cholesterol: ____mg,
Total carbohydrates: ____g, Fiber: ____g, Protein: ____g



DIRECTIONS

CHEF'S NOTES

Recipe selected from