MATERIALS

YIELD

DISH:

FOOD GROUP(S):

NUTRITION FACTS PER SERVING

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

Enjay!

INGREDIENTS



DIRECTIONS

CHEF'S NOTES

Recipe selected from

ON THE ROAD TO HEALTHY LIVING MOBILE COOKING SCHOOL