



HEALTHY KIDS CORNER

Create Your Own Recipe!

Chef it up and create your own recipe using the space below.
Make it "seasonal" by using one or more of the summertime foods listed!

List all the foods you need to make your recipe here. Don't forget amounts!

Write the steps to make your recipe here. Don't forget cooking times & temperatures!

Ingredients:

Directions:

We love hearing from you!
Please take a photo of your recipe and share it with us at
<https://www.facebook.com/KCFoodSense>

Summertime foods:
Corn Tomatoes Cucumbers Melon Peaches Carrots
Green beans Greens Onions Potatoes Snap peas Zucchini
Blackberries Beets Cabbage Peppers Blueberries Lettuce

FARMERS MARKET NUTRITION EDUCATION FROM WSU KING COUNTY EXTENSION SNAP-ED