



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

## 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!

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

#### Ingredients:

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#### Directions:

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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**

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