

Market Fresh Recipe Challenge Health Bucks Program



Instructions: Imagine you are a chef and need to create a healthy recipe for your new cookbook. Use market produce to inspire your fresh dish and the questions below to help develop your recipe.

1. What are your favorite fruits and vegetables at the market today? Choose one favorite fruit or vegetable as the main ingredient for your recipe.
2. How would you prepare your favorite fruit or vegetable in a healthy way?
3. How would you add flavor without adding a lot of sugar, fat, and salt?

Recipe Name: _____

Ingredients:

Directions:
