Farmers Market Tour Activity
Recipe Challenge

Directions: Imagine you are a chef and need to create a healthy recipe for your new cookbook. Develop a recipe inspired by produce at the farmers market. Use the questions below as a guide:

- What are your favorite fruits and vegetables at the market today?
- How would you prepare your favorite fruit or vegetable in a healthy way?
- How would you add flavor without adding a lot of sugar, fat and salt?

Recipe Name: _____________________________________________________

Ingredients:

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Steps:

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