

# Recipe List for Each Unit

The CFHL team will be providing ingredients for each of the recipes listed below. Please feel free to do other recipes listed in the curriculum; just note that we will not be providing ingredients outside of the following list.

STRAWBERRIES		
Strawberry Pizzas		
Strawberry Smoothie		
CROOKNECK SQUASH		
"Sandwiches" with Squash & Cheese		
Different Types of Squash		
CANTALOUPE		
Wedges of Different Types of Melon		
Cantaloupe Fruit Salad		
SPINACH		
Spinach Leaves Dipped in Ranch		
Different Types of Greens/Lettuce		
PEACHES		
Peaches A La Mode		
CUCUMBER		
Cucumber Sticks Dipped in Ranch		Adapt from Spinach unit.
Mango Cucumber Wrap	<a href="https://eatfresh.org/recipe/side-dish-snacks/mango-cucumber-wrap">https://eatfresh.org/recipe/side-dish-snacks/mango-cucumber-wrap</a>	
ORANGES		
Orange Freeze smoothie	<a href="https://eatfresh.org/recipe/beverages/orange-freeze">https://eatfresh.org/recipe/beverages/orange-freeze</a>	
Breakfast Fruit Cup	<a href="https://eatfresh.org/recipe/breakfast/breakfast-fruit-cup">https://eatfresh.org/recipe/breakfast/breakfast-fruit-cup</a>	
SWEET POTATO		
Different Types of Potatoes		
Mashed Sweet Potato		Sites without ovens will need to use microwave
Sweet Potato Chocolate Chip Bars		*CFHL will make beforehand and deliver to sites
ZUCCHINI		
"Sandwiches" with Zucchini & Cheese	"Sandwiches" with Zucchini & Cheese	Adapt from Crookneck Squash unit.
Zucchini Quick Bread (from squash lesson)	Zucchini Quick Bread (from squash lesson)	*CFHL will make beforehand and deliver to sites