**Objective**: To identify, prepare, and share a nutritious food that highlights local, sustainably grown ingredients.

**Featured Ingredient**:

**Prep Time: Cook Time: Total Time:**

**Cost:**

**Nutritional Value:**

|  |  |
| --- | --- |
| **Nutritional Category** | **Nutritional Benefits** |
| Calories - |  |
| Carbohydrates –  Fiber –  Sugar – |  |
| Proteins - |  |
| Fats –  Saturated –  Unsaturated - |  |
| Vitamins (*identify all available through this food) –* |  |
| Minerals (*identify all available through this food) –* |  |

**Recipe:**

*Ingredients:*

*Directions:*