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:	**Steps:**

NYC Health