



## Vetri Cooking Lab Overview

Lesson Topics	Fall 2018 Menu	Spring 2019 Menu
Vetri Cooking Lab 101	Southwestern Chopped Salad Chipotle Ranch	Cauliflower Fried Rice Cucumber Salad
Recipe Reading & Measurement	Banana Carrot Blender Pancakes Pumpkin Butter Ginger Orange Tea	Falafel Hummus & Crudite Greek Salad Homemade Pita
Importance of Breakfast	Vegetable Frittata Hash Browns Mixed Fruit	Breakfast Burritos Salsa Refried Beans*
Nutrition Labels & Added Sugar	Tropical Smoothie Bowl Cinnamon Granola Toppings Bar	Zucchini Pappardelle Tomato Sauce Pineapple Agua Fresca
Eat a Rainbow	Ratatouille Garlic Toast	Rainbow Salad Pickled Onions Chimichurri Chicken Thighs&
Whole & Processed Foods	Tofu Vermicelli Noodle Bowl	Carrot Cake Pancakes Cinnamon Applesauce, Diced Apple Topping^
Food Comes from the Earth	Moroccan Stew Msemen	Sancocho (Caribbean Bean Stew) Coconut Rice Quick Slaw
Food Access & Convenience Stores	Pasta e Ceci Broccoli Salad	Black Bean & Corn Soup Lime Crema Toasted Pepitas Pupusas
Food Marketing	Greek Turkey Veggie Burgers Tzatziki	One-Pot Pasta Hero Rad Ranch Popcorn Side Salad
Final Feast	Eggplant Parmesan Lentil Mushroom Bolognese Veggie Noodles Kale Salad with Lemon Vinaigrette Banana Cocoa Milkshake	Chicken & Vegetable Masala Whole Wheat Naan Raita Mango Lassi

^Lesson 3

\*Lesson 5

&Lesson 7