



Recipe & Handout List

RECIPES FOR CLASS	ALLERGENS	RESTRICTIONS
Group 1 Shrimp Fra Diavolo Lemon Roasted Broccoli	Wheat, Shellfish, Dairy Dairy	Pescatarian Vegetarian
Group 2 Build Your Own Chicken Fajita Bowl Cilantro Lime Brown Rice- Virtual Taco Seasoning (provided)	Dairy	Vegetarian, Vegan Vegetarian, Vegan
Group 3 Peanut Noodles with Seared Tofu	Soy, Peanut	Vegetarian

ALLERGEN SUBSTITUTIONS ALLOWED FOR CLASS TRAYS/BAGS

Dairy: Group 1 – Substitute nutritional yeast for parmesan cheese. Group 2 - Omit or replace Yogurt in Chicken Fajita Bowl.

Gluten/Wheat: Group 1 - Substitute GF pasta for whole wheat pasta. Group 2 - Soy Sauce and Rice Noodles in Asian Peanut Noodles is GF.

Peanut: Group 3 – Substitute Sunflower Seed Butter and Sunflower Seeds for Peanuts and Peanut Butter.

CLASS NOTES

Salt-Free Taco Seasoning will be pre-made and measured out for class participants.