



MAKE IT FUN HEALTH

Daring Adventure Cooking Jam - Week 3 Menu

Theme - Whole Grains

Goals

1. Eat more whole grains
 2. Continue finding healthy food you like and will keep eating
 3. Make eating more whole grains easy
 4. Continue changing your taste buds
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1. **Brown Rice** – A versatile whole grain that serves as a perfect canvas. Eat it simply with spices or dress it up however you want.
 2. **Summer Corn Salad** - Corn gets a bad rap because of how it's processed into sweeteners, animal feed, and fuel, but in its whole form, it's a nutritious staple. This dish is inspired by its popularity in Mexico and Central America —simple, tasty, and super fast.
 3. **Popcorn** - A favorite snack option that doesn't have to be drenched in butter or chemicals to taste good. Once your taste buds change, you'll prefer a simple, healthy version. You can make this in a a brown paper bag in the microwave, on the stovetop, or with a popcorn maker.
 4. **Cajun Corn** - Use the mirepoix we made last week or any fresh/frozen veggies you have on hand. While a French mirepoix uses carrots, the Cajun "Holy Trinity" swaps them for bell peppers (we like to add garlic, too). Enjoy this by itself, over brown rice, or in a grain bowl.
 5. **Grain bowl** - The ultimate “choose your own adventure” meal. Use the mirepoix, holy trinity, or any other veggies. Add spices. Even fruit, such as grapes, pear, or apple for sweetness. Maybe sprinkle in a few nuts or seeds for some extra crunch.

You can do it when you make it fun!