



MAKE IT FUN HEALTH

Daring Adventure Cooking Jam - Week 6 Menu

Theme - Herbs, Spices, and One-Dish Wonders

Goals

1. Add more herbs and spices to your diet
2. Learn more ways to make easy, one-dish meals
3. Discover how easy, fast, and tasty it is to grow your own sprouts.

1. **Super Salad** – Salads don't need to be a bland sideshow. This monster salad is the whole show. It includes not just veggies but fruit, whole grains, legumes, nuts, seeds, herbs, and spices. Lots of volume and nutrition that will fill you up without many calories.
2. **Super Shake** - When you want a smoothie with more calories to keep you full longer, this is a great option.
3. **Super Stew** - Comfort food in one simple, tasty dish. We'll use the slow cooker for this one. If you have an electric pressure cooker, it probably has a slow-cooker setting.
4. **Super Sprouts** - Sprouts go great with everything on this menu - and many other dishes too. You can grow them in your pantry without sunlight or dirt - and they'll be ready to eat in days. When you grow them, they are an inexpensive nutrition powerhouse.

You can do it when you make it fun!