



## 2010 TN Grant Training: HUSSC Food Demonstrations/Recipes

- Black Bean Salad and Shredded Carrot Lettuce Wrap
  - <http://www.nfsmi.org> (At top of page there is a light blue menu bar; go to Resource Center; then to yellow box on left side of page-click on ***Cooks for Kids***)
  - Can serve as side salad (for elementary)
  
- Chickpea Pasta Salad with Oranges
  - CDC More Matters <http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>
  - USDA recipe pasta salad + any bean of choice
  - Puree; add to commodity spaghetti sauce
  
- Smokey BBQ Baked Lentils
  - [www.fns.usda.gov/tn/grants.html](http://www.fns.usda.gov/tn/grants.html) go to State Developed Materials; *Idaho-Cooking with Whole Grains*