





# "Flavorizers"

Practice your cooking skills! Add flavor to foods with these easy-to-make toppings.

Topping	What you'll need	How to make	What to put it on	Tastes good in meals with
<b>Chimichurri</b> 	1 handful cilantro/ parsley 3 cloves garlic 3 tablespoons vinegar 1/4 cup olive oil (add more as needed) 1 teaspoon crushed red pepper Salt and pepper to taste	Put all ingredients into a blender or food processor. Blend to combine.	Beef Chicken Shrimp Black beans	Corn Salsa Rice Butter lettuce
<b>Hummus</b> 	1 can chickpeas Juice of 1 lemon 1/4 cup tahini (or plain peanut butter) 1 clove garlic 2 tablespoons olive oil 1/2 teaspoon cumin Salt to taste	Put all ingredients into a blender or food processor. Blend until smooth.	Raw or roasted veggies Falafel Chicken Sandwiches	Tomato Cucumber Quinoa Lemon Parsley
<b>Pesto</b> 	1 bunch basil 3 cloves garlic 1 handful walnuts 1/3 cup grated parmesan cheese 1/3 cup olive oil	Put all ingredients into a blender or food processor. Blend until smooth.	Pasta Chicken Shrimp Chickpeas Roasted veggies Sandwiches	Mushrooms Tomato Quinoa
<b>Easy balsamic dressing</b> 	3/4 cup olive oil 1/4 cup balsamic vinegar Salt and pepper to taste 1-2 teaspoons dried herbs (oregano, parsley, basil)	Add ingredients into a small bowl. Whisk to combine.	Salads Grilled chicken	Lettuce Spinach Arugula Tomato Carrots