

# WELLNESS WEDNESDAY

## CREATE YOUR OWN RECIPE



This Wellness Wednesday activity will challenge your culinary creativity and help you prepare for the MPS Junior Iron Chef: At Home Edition recipe competition, which is happening now. This activity will guide you through a process that many chefs enjoy... reading through recipes and imagining novel ways to prepare delicious ingredients!

### 1. PICK OUT YOUR ITEMS

Some of the best recipes start with ingredients found right in your kitchen. With your chef hat on, explore your kitchen (or even your MPS food box!) and see what ingredients you have. Pick out four or five items that seem exciting to cook with.

*Helpful tip:* Consider the different ways that the ingredients can be prepared and cooked, how the ingredients will taste together, and if there is one or two ingredients that could be the main part of the dish.

### 2. RESEARCH RECIPES

- Research recipes using the internet. Search for recipes that use your ingredients (using a general search engine or specific recipe search engines like Epicurious), scroll through cooking blogs, watch cooking tutorials, etc. MPS even has some of our favorite school recipes on our website: [cws.mpls.k12.mn.us/recipes](https://cws.mpls.k12.mn.us/recipes)
- Look through cookbooks. Many cookbooks have an index to help you find recipes based on the main ingredient.
- Talk with family members and friends to collect inspiration and ideas!



### 3. MAKE YOUR OWN RECIPE

Combine ideas and elements from your research to make your own recipe using your ingredients. Maybe it's an entirely new recipe or a classic recipe that you are putting your own spin on!

### 4. REFLECT ON YOUR RECIPE

After you have made your recipe, it's time to taste test! Try your recipe for yourself—what do you think? You can also share samples with family or friends at home and collect their feedback.

- How did the recipe taste and look? Did it turn out as you expected or hoped?
- What could you do differently next time you make the recipe?
- What ingredients or flavors would make the recipe better?



## JR. IRON CHEF: AT HOME EDITION

Now that you're an expert at creating your own recipes, check out the Junior Iron Chef: At Home Edition recipe competition! All Junior Chefs, children 18 and under, are invited to develop a recipe using at least TWO ingredients from a MPS Food Box. Recipes are due June 1.

To learn more about the competition and how to send in a recipe, visit: [cws.mpls.k12.mn.us/junior\\_iron\\_chef](https://cws.mpls.k12.mn.us/junior_iron_chef).