

## Mrachek Health Cookbook

**Healthy Recipe Project:** We would like to promote positive healthy eating experiences for our school community. Students should work with their family to pick a healthy recipe(s) to share with their classmates. All recipes should be quick and easy and enable the most basic of home cooks to be successful preparing the dishes provided.

- Please take a picture of the finished product and email to [ceellis@aurorak12.org](mailto:ceellis@aurorak12.org)
- Please be mindful of copyright and indicate the inspiration of the recipe.
- Students will be utilizing technology in class to complete this resource.
- Please print neatly and correctly to ensure accuracy – DUE DATE – Monday Dec. 1st

**Type of Recipe: (Circle One)**

**Breakfast    Appetizer    Salads    Soup    Entre    Side Dish    Desserts**

**Recipe Title** \_\_\_\_\_

**Ingredients List:**

**Cooking Instructions:**

**Recipe Notes: (Tips or Tricks to make this recipe more healthy and/or successful)**

**Dietary Guidelines/Nutritional Info: (For Example: Gluten Free, Plant Based, Vegan, Vegetarian)**

**Student Name** \_\_\_\_\_ **Grade** \_\_\_\_\_ **Period** \_\_\_\_\_

**Original Recipe Inspiration Link –**  
**(website URL, name of the cookbook-magazine and author of book or article)**

---

**Parents/Guardian Signature** \_\_\_\_\_