



Try it Tuesday:

Zucchini

Every Tuesday, we challenge you to try a new food! For each new food, there are three different activity levels. Each level gets harder as you go: Cook, Sous Chef, and Head Chef. Give it your best shot and be sure to share your picture on Facebook, Instagram, and Twitter. Tag @CHEFSanAntonio and we just might share your photo!

Cook Challenge:

Try Zucchini: you can buy fresh, frozen slices, and even zucchini noodles (zoodles) at some grocery stores. Share a picture or video of you trying the food and challenge friends on Facebook, Instagram, or Twitter to do the same. Be sure to tag @CHEFSanAntonio!

Sous Chef Challenge:

Choose one of the CHEF recipes below and make it with your family! Share a photo of the recipe on Facebook, Instagram, or Twitter and tag @CHEFSanAntonio!

Ratatouille: <https://bit.ly/2WWH08Z>

Pesto Zoodles with Shredded Brussels Sprouts: <https://bit.ly/2T5vreA>

Head Chef Challenge:

Create a recipe on your own using this week's new food, Zucchini. Share your recipe and photo on Facebook, Instagram, or Twitter and be sure to tag @CHEFSanAntonio for a chance to be our featured CHEF of the week!

chefs.org

@CHEFSanAntonio

