

EXTRA CREDIT

FLOS N Meal

Entrée: Vegetable stir fry



FLOS N Ingredients: (total cost \$4.00 at the farmer's market)

- 1 sweet potato
- 4 red potatoes
- 1/2 onion
- 1 bell pepper
- 4 servings of kale
- 4 servings of pole beans

Instructions:

- cut all the vegetables
- put the sweet potato and the potatoes on the stove with a little bit of organic olive oil on low/medium heat for about 10 minutes
- places the rest of the vegetables on the stove except for the kale
- add the kale after about two minutes and then cook for 3 more minutes
- add salt and pepper for taste

Side (appetizer): Butternut squash Soup



FLOSN Ingredients: (total cost \$2.00 at farmer's market)

- 1 butternut squash
- ½ onion (other half from stir fry)

Organic Non-gmo ingredients: (total cost \$6.18 at Whole Foods)

- 2 cups Pacific Coconut milk
- 3 cups 365 Organic Vegetable broth

Instructions:

- Cut the squash (take out the seed and make sure pieces are fairly small) and onions
- put all ingredients except for coconut milk on the stove top and bring to a boil-let mixture simmer for 10 minutes
- let mixture cool and then place in blender and add coconut milk.
- Add salt, pepper and cinnamon for taste

Drink: Apple juice



FLOSN Ingredients: (total cost around \$2.00 at Whole Foods)

- 2 apples
- 6 cups water

Instructions:

- cut apple (peel it if you would like, but we did not)
- put in juicer
- add water to juice to dilute it

Dish	Cost of Dish (per person)
Stir Fry	\$1.00
Butternut Squash Soup	\$2.05
Apple Juice	\$0.50

Total cost per person: \$3.55

Our Final Product:



Clean Plate:



Food Waste: We had only a few scraps from the parts of the onion and peels from potatoes and ends of the pole beans etc. Waste was only from veggies and only in preparation stage. We had left over seeds from the squash, which I roasted to eat tomorrow and the leftover broth and coconut milk are going to be used in soup/ chia seed pudding this week.



My Instagram Post:

