



RECIPES

Broccoli and Black Bean Quesadilla 7-9

Broccoli Stir-Fry 10-13

Cottage Cheese Dip 7-10

Hot Pot Cabbage and Meatballs..... 10-12

Mediterranean Squash Stew..... 10-14

Pumpkin Dip..... 7-8

Roasted Herb Potatoes 10-11

