EFNEP Cooking Videos

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Join Utah State University Extension EFNEP (Expanded Food and Nutrition Education Program) chefs and cook up some great summer meals, snacks and side dishes. Watch these videos and learn to make:

• Hummus
• Apricot chicken
• Vegetarian chili
• Granola
• Farro Salad
• Omelettes
• Quinoa pilaf
• Tabouleh

Find the recipes at utahefnep.org/cooking-videos

https://www.youtube.com/embed/EhXwolNu2xI?list=PLMnDQoXFVBEZxzB2cN4x18kR2r6Ac4VUZ5603150

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