

## **Contents:**

1. **Recipes** - all have been tested, all have nutrient analysis, all except Island Fruit dish have shopping lists attached, some converted to handout form, some translated to Spanish

Yucca Fritas  
Yellow Rice and Beans  
Verdura  
Ensalada de Bacalao  
Chicken Fricassee  
Empanadas  
Pork Chops  
Flan  
Bread Pudding  
Tostones  
Island Fruit with Cinnamon and Cococut

2. **Shopping Tour/Program Speaker Notes/Tools**
3. **Educational Materials Used as Handouts for programs on 4/29, 5/3 and 5/17/06** – both English and Spanish versions
3. **Evaluation Forms** (both English and Spanish) **and Results** for above programs