



# Cooking with Jairy

**Every Friday  
12 to 1pm**

**Join Morrisania WIC and SNAP-ED at our FREE virtual cooking workshops to learn nutrition and budget tips for healthy eating.**

## **Join on WebEx!**

**Link (click here):  
[https://hhc.webex.com/  
meet/barrettd](https://hhc.webex.com/meet/barrettd)**

**Meeting ID:  
1721680346**

## **RECETAS DE JULIO - 2022**

**7/1/22: Rancher's Eggs**

**7/8/22: Farmer's Market Gazpacho**

**7/15/22: Green Bean & Corn Stir-fry**

**7/22/22: Spinach Frittata Muffins**

**7/29/22: Quinoa and Black Bean Salad**