

# Community Cookbook



Recipes contributed by community members  
and compiled by SPPS Community Education

**Color the pictures in this cookbook!**

  
**COMMUNITY  
EDUCATION**  
Saint Paul Public Schools  
Published Summer 2024

# Welcome to your Community Cookbook

Cooking helps nourish our bodies. What we cook creates and maintains culture. And, cooking and eating together helps build community. We are so excited for you to try out these recipes brought to you by some amazing members of our St. Paul Community.

We look forward to hearing about your cooking adventures and the food you are inspired to create!

## GET STARTED:

- Answer the questions below and review the cooking tips
- Complete your biography on the next page- just like the community chefs in this book






What are some ingredients you already love to include when you cook?

What are 3 ingredients you'd like to try out?

What might scare you about cooking?

What is exciting about cooking for you?

## Cooking Tips

-  Wash your hands before you start
-  Get all of your ingredients ready first
-  Preheat the oven before you start mixing
-  Avoid eating raw eggs or meats
-  Always clean up when you are done

We love hearing from you!  
Let us know what you cooked or your ideas for our next community activity:  
[commed@spps.org](mailto:commed@spps.org)



This Cookbook belongs to:

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Write or draw some special things about you:

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A large, empty rectangular box with rounded corners, intended for a child to draw or write about special things.

## Measurement Abbreviations

tsp. = teaspoon

tbsp. = tablespoon

c = cup

oz = ounces

lb = pound



Community Education has programs for all ages! See what we have to offer at [commed.spps.org](http://commed.spps.org)



billy

# JON'S BEEF STEW

## Ingredients:

- 2 lbs stew meat (sirloin)
- 2 tbsp flour
- 1 c yellow onion, diced
- 3 cloves of garlic, finely chopped
- 3 c beef bouillon
- 2 slices of bacon
- 4 tbsp of butter
- 4-6 large potatoes, diced to bite size
- 4-6 carrots, diced to bite size
- 6 mushrooms, sliced
- 1 dill pickle, small dice
- 1/8 c red wine (optional)
- Salt (optional)
- Pepper (optional)
- Cayenne (optional)
- Chopped parsley (optional)

## Instructions:

1. Chop and prep all ingredients
2. Cut beef to bite-size pieces and toss in flour in a dutch oven on stove top (or replace with an oven-ready pot)
3. Fry bacon to just short of crispy and remove from pot
4. Drain most of the bacon grease
5. Add butter and brown the meat
6. Add and saute the onion, garlic, and mushrooms
7. Lower heat, add bouillon and red wine
8. Simmer for 45 minutes
9. Add potatoes, carrots, pickles, and diced bacon
10. Simmer until all vegetables are cooked (about 45 minutes)
11. At the end, add optional salt, pepper, cayenne, and parsley to taste



## Jon Schumacher

After graduating from the University of Wisconsin-Madison, Jon started his career as an actor and ended up as a creative consultant where he wrote, directed and produced shows for corporate events. Jon spent twenty years as the Executive Director of the Saint Anthony Park Community Foundation, As well as four years on the St. Paul Public School Board with two spent as the Board Chair. He is now retired and spends time taking care of grandchildren and supporting community wherever he can.

# JANET'S ENCHILADA CUPS

## Ingredients:

- 1 package small flour tortillas
- 10 oz can of enchilada sauce
- 14 oz can of black beans
- 4 oz can of green chilis
- 2 c cooked, shredded chicken
- ½ c whole kernal corn (drained)
- 1 c grated Mexican-blend cheese
- ¼ c chopped fresh cilantro (optional)
- ¼ c thinly sliced green onion (optional)

## Instructions:

1. Preheat oven to 350° degrees
2. Tuck one tortilla into each of the cups in a muffin tin. Gently pleat the edges of the tortillas so that they fit snugly into each cup - like little pies so you can fill them later.
3. Bake for 10-12 minutes, or until the tortilla cups have hardened slightly on all sides. Remove and set aside.
4. Combine the enchilada sauce, black beans, green chiles, chicken and corn together in a large mixing bowl. Toss until the ingredients are evenly combined.
5. Once the tortilla cups are ready, spoon the filling into each cup until it is full. Place a pinch of cheese on top of each tortilla cup. Return the pan to the oven and bake for 15 minutes or until the cheese is melted and the filling is warmed through.
6. Remove from the oven and add cilantro and green onion. Serve warm.



## Janet Gracia

Janet has lived on the West Side of St. Paul for most of her life. She is the President and CEO of Neighborhood House and previously held leadership roles at the Girl Scouts, Wilder Foundation and the American Red Cross. As a community leader, and in each of her jobs, Janet has been a leader in racial justice efforts and is committed to building communities where each community member thrives.

# MANSFIELD'S SWEET CORN MUFFINS

## Ingredients:

- 1 box Jiffy Corn Muffin mix
- 1 egg
- $\frac{1}{3}$  cup milk
- 1 tbsp sugar
- 1 tsp vanilla extract
- 6 blueberries per muffin (optional)
- butter (for topping)
- honey (for topping)

## Instructions:

1. Preheat oven to 400° degrees
2. In a medium bowl, combine the Jiffy Corn Muffin mix, egg, and milk as directed on the box.
3. Add 1 tablespoon of sugar
4. Add 1 teaspoon of vanilla extract
5. Stir until well combined  
Your muffin mix is done
6. Grease your muffin tins with vegetable oil or use paper liners
7. Pour the batter into the muffin tin
8. Fill each cup about  $\frac{3}{4}$  full
9. (Optional) add 6 blueberries to each muffin cup and gently push them into the batter
10. Bake for 15-20 minutes or until a toothpick inserted in the center of a muffin comes out clean
11. Once the muffins are done, remove for the oven and let them cool a few minutes
12. Add butter and a thin layer of honey to the tops
13. Enjoy warm or at room temperature!



## Roosevelt Mansfield

Roosevelt Mansfield, a son of Rondo, is a multifaceted talent and passionate community advocate. He has made significant contributions as an educator, photographer, DJ, and award-winning Hip Hop artist, gaining international recognition as a DJ and photographer. His acclaimed work as a published photographer, featured in "The French Magazine, Fashion and Beauty," showcases his unique artistic vision, all while remaining dedicated to uplifting and inspiring his community.

# JAMES' SPANISH TACO CUPS

## Ingredients:

- 2 tsp of olive oil
- 1 lb of ground beef
- ½ of a yellow onion, chopped
- 2 packs (or 3 tbsp) of sazón seasoning
- 1 14oz can of tomato & chile
- 1 c of shredded cheese
- 1 bundle of fresh cilantro
- 1 fresh tomato
- 6 flour tortillas
- cooking spray

## Instructions:

1. Preheat oven to 400° degrees
2. Heat a pan over medium heat and saute chopped onion in olive oil
3. Add ground beef to pan and cook through
4. Add sazón and can of tomato & chile
5. Turn heat off and remove from heat  
Your taco mix is done
6. Spray the inside of your muffin tins with cooking spray (or you can use olive oil)
7. Cut tortillas into ¼ triangles  
We are going to layer tortillas and taco mix
8. In each muffin cup, lay one tortilla triangle
9. In each muffin cup, add a scoop of taco mix
10. Add another layer of tortilla and then taco mix until muffin cups are almost full
11. Add a layer of shredded cheese
12. Bake for 12 minutes
13. Add chopped cilantro, tomatoes & any other toppings
14. Enjoy!!



## James Smith

James grew up on the East Sides of St. Paul and has always wanted to be a chef. He had the opportunity to make this dream come true at multiple restaurants throughout St. Paul. He is also the father of six kids and they love to be with him in the kitchen. He came up with this recipe for Spanish Taco Cups so his kids could make them on their own and have fun while they do it.

# MISKI'S BLUEBERRY ROSEMARY MUFFINS

## Ingredients:

- 1 c milk (any kind of milk)
- ¼ c coconut oil
- 1 egg
- 1 c blueberries (fresh or frozen)
- 2 rosemary leaves, finely chopped
- 2 c rolled oats
- 1 c flour
- ¼ c brown sugar
- 2 tsp baking powder
- ½ tsp salt
- ½ tsp cardamom powder

## Instructions:

1. Preheat oven to 425° degrees
2. Combine flour, oats, salt, baking powder, salt, and cardamom powder. Set aside
3. Combine sugar, egg, milk, and coconut oil
4. Mix dry and wet ingredients
5. Add rosemary and blueberries to batter
6. Grease muffin tins or line with paper muffin liners
7. Fill each muffin cup with batter about 2/3 full
8. Bake for 18-20 minutes or until a toothpick inserted into the center of a muffin comes out clean
9. Enjoy warm or cool!



## Miski Omar

Miski was born in Minneapolis, raised in St. Paul, and is a graduate of St. Paul Central High School. Chicago nurtured her into her young adulthood and exposed her to many other cultures. Miski loves to learn about other global experiences through food and music. She found that playing in your spice cabinet is the cheapest flight you can take. For now, Miski grows food, occasionally, and spends her time with family and friends.



# ANDY'S PULL-APARTS

## Ingredients:

- 1 tube refrigerated jumbo biscuits
- ½ c sugar
- 1½ tsp cinnamon
- ½ c (1 stick) butter or margarine

## Instructions:

1. Preheat oven to 375° degrees
2. Grease muffin tins with butter, margarine or cooking spray
3. Mix cinnamon and sugar in a bowl
4. Melt butter in a separate bowl
5. Cut each biscuit into 8 pieces
6. Dip each biscuit part in the melted butter and then roll in the cinnamon sugar
7. Put 5-6 coated biscuit pieces in each muffin tin
8. Bake for 10 minutes
9. Use a fork or knife to help release each pull-apart from the muffin tins
10. Enjoy warm or cool!
11. Turn your pull-aparts into an even sweeter dessert by adding ice cream



## Andy Rodriguez

Andy Rodriguez is a lifelong Saint Paul resident and a dedicated career employee of the Saint Paul Parks and Recreation Department. He is a graduate of St. Paul Central High School and Augsburg University. Growing up, he frequented Saint Paul recreation centers and parks and valued the mentorship of program staff as a source of support and guidance. He is also proud dad of daughters and absolutely loves Grand Old Day.

# ELLEN'S PUMPKIN CARROT MUFFINS

## Muffin Ingredients:

- 2 c gluten free flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- 1 tsp ginger
- 4 eggs
- ½ c honey
- ½ c brown sugar
- ½ c melted butter
- ½ c light olive oil
- 2 c grated carrots
- 1½ c canned pumpkin
- 1 c shredded coconut

## (Optional) Frosting Ingredients:

- 8 oz room temp. cream cheese
- 4 oz room temp. butter
- 1 tsp vanilla extract
- ¼ tsp cardamom
- 3 c powdered sugar

## Muffin Instructions:

1. Preheat oven to 400° degrees
2. Sift the dry ingredients and set aside
3. In a large mixing bowl, beat eggs and sugar for about 2 minutes, then add the oil and butter, and mix well. Next, add the grated carrots, pumpkin, and coconut and mix until combined.
4. Add the dry ingredients and mix well
5. Line muffin tin with paper muffin liners and fill with batter about ¾ full
6. Bake for about 20 minutes or until a toothpick inserted into the center of a muffin comes out clean

## (Optional) Frosting Instructions:

1. Beat cream cheese and butter with a hand mixer
2. Add the vanilla, cardamom, and powdered sugar and mix until smooth
3. After muffins have cooled, spread or pipe with frosting



## Ellen Keane

If you have ever taken a tap dance class in St Paul Public Schools, chances are good that Ellen was your instructor. Her company, Keane Sense of Rhythm has been a community partner at various schools since 2010. And, you can find tap classes at SPPS Freedom Schools all year long!

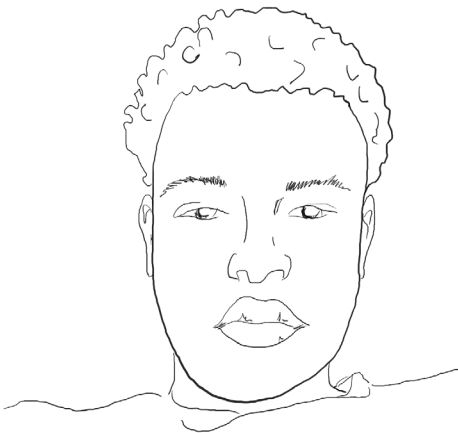
# ABSHIR'S MINI QUICHES

## Ingredients:

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 c fresh spinach, finely chopped
- ½ c crumbled feta cheese
- 4 large eggs
- ½ c milk (or half and half)
- butter or cooking oil spray
- salt and pepper to taste
- pinch of nutmeg, thyme or oregano (optional and choose based on your tastes)

## Instructions:

1. Preheat oven to 375° degrees
  2. Grease muffin tin with butter or cooking spray
- In a pan on the stove top:
3. Heat olive oil over medium heat
  4. Add chopped onion and saute until translucent
  5. Add chopped spinach and saute until wilted
  6. Remove from heat and let cool slightly
- In a mixing bowl:
7. Whisk eggs and milk until well combined
  8. Add your choice of seasonings
- In the greased muffin tins:
9. Add the spinach mixture evenly among the muffin cups
  10. Add feta cheese to each muffin cup
  11. Pour the egg mixture into each muffin cup until almost full
  12. Bake for 20-25 minutes until the quiches are golden brown
  13. Serve warm or cool - enjoy!



## Abshir Ali

Abshir Ali is a Somali American from the West Side of Saint Paul and a graduate of St. Paul Central High School. He has been a pivotal figure in local governance and community advocacy. His community leadership roles have included: Chair of the St. Paul Youth Commission, Aide to the St. Paul Mayor's Office, and Aide to St. Paul City Council Ward 2. In these roles, he had brought his skills in data-driven decision making and a passion for centering youth experiences and expertise.

# CHERISE'S CARROT CAKE CUPCAKES

## Cupcake Ingredients:

- 1½ c all purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 tsp ground cinnamon
- 1 cup sugar
- 1¼ c grated carrot
- ⅔ c vegetable oil
- 2 large eggs
- 1 8oz can crushed pineapple
- 1 tsp vanilla extract
- (optional) 1 c chopped pecans or walnuts

## Frosting Ingredients:

- 1 3oz package cream cheese
- ¼ c butter
- ½ tsp vanilla extract
- 2¼ c powdered sugar

## Cupcake Instructions:

1. Preheat oven to 350° degrees
2. Fill muffin tin with cupcake liners
3. In a large bowl, stir together flour, baking powder, baking soda, salt, cinnamon and sugar
4. In a separate bowl, combine carrot, oil, eggs, pineapple, and vanilla and mix well.
5. Combine wet and dry ingredients and mix until smooth
6. (Optional) add walnuts
7. Bake for 15-18 minutes or until a toothpick inserted in the center comes out clean

## Frosting Instructions:

1. Allow cream cheese and butter to soften at room temperature
2. Beat the cream cheese and butter at medium speed until creamy. Spread on top of cooled cupcakes.
3. Add the vanilla and powdered sugar and beat until smooth
4. Spread frosting on fully cooled cupcakes



## Cherise Ayers

Born and raised in the Rondo community, Cherise is a second-generation alum and parent of the St. Paul Central community. Cherise is also proud to serve as Central's principal. She is a graduate of Spelman College, an HBCU for women in Atlanta, GA, and Brown University, in Providence, RI. She is currently finishing up her Ph.D. from the University of Minnesota. Cherise's happy place is with her family - her husband Devin (who is also a principal) and their three children: Sydney, Devin, and Camille.

# REBECCA'S SOUR CHERRY MUFFINS

## Ingredients:

- 4 c flour
- 1½ c sugar
- 1 tsp baking soda
- 1 tbsp baking powder
- ¼ tsp salt
- 1 c melted butter
- 1¼ c sour cream
- ¾ c milk
- 2 eggs
- 4 tsp lemon zest
- ½ c lemon juice
- 2 c pitted sour cherries  
(fresh, frozen or jarred - well drained)

## Instructions:

1. Preheat oven to 375° degrees
2. In a large bowl, whisk together flour, sugar, baking soda, baking powder and salt
3. In a separate bowl, whisk together butter, sour cream, milk, eggs, lemon zest and lemon juice
4. Combine wet and dry ingredients
5. Add cherries and fold into batter
6. Put paper liners in muffin tin or grease the muffin tin with butter
7. Fill muffin cups to ¾ full
8. Bake for 18-22 minutes, until muffins are golden brown and the tops spring back when lightly pressed



## Rebecca Noecker

Rebecca Noecker is a City Councilmember representing St. Paul's Ward 2. She is a former science teacher and program manager. Rebecca and her husband Shane and their two sons, Whit and Fitz, live on the West Side. They enjoy biking, reading and picking sour cherries from their two backyard trees to use in recipes.

# BETTY'S HUEVOS PERICOS

## Ingredients:

- 2 green onions, finely chopped
- 1 roma (or medium-sized) tomato, finely chopped
- salt
- pepper
- Butter (or olive oil)
- 8 eggs

## Instructions:

1. Preheat oven to 350° degrees
2. Generously grease a muffin tin with butter or olive oil
3. Crack eggs into a large bowl and whisk
4. Add the onions and tomatoes to the egg mixture
5. Add salt and pepper to your taste
6. Stir so that everything is mixed
7. Pour the egg mixture into the muffin tin, filling to about 3/4 full
8. Bake for 20-25 minutes until eggs are set and top is slightly golden brown.



## Betty

Betty was born in Los Angeles and is growing up in the Lex Ham neighborhood of St. Paul. She loves books, hockey, Colombian folkloric dance, Taylor Swift, and being with family. Betty's family recipe comes from her grandparents' favorite dishes growing up in Colombia and Honduras. This recipe is special to her because she recognizes the importance of connecting en familia, sharing a meal together, and keeping culture, food and language alive.

# MANNY'S RANCHERO CUPS

## Ingredients:

- Cooking spray or olive oil
- 1 lb of chorizo sausage
- 1 small onion, diced
- 1 small jalapeño, diced
- 1 c shredded colby jack or cheddar cheese
- 8 eggs
- 2 c whole milk
- salt
- pepper
- Optional toppings:  
chopped cilantro, sour cream,  
salso or pico

## Instructions:

1. Preheat oven to 350° degrees
2. Generously grease the muffin tin
3. Heat a pan over medium heat, brown and crumble the chorizo
4. Add the onion and jalapeño at the end of browning the meat. Continue to brown until vegetables are tender.
5. Set aside the meat and vegetable mixture to cool
6. Whisk the eggs and milk in a large bowl
7. Add salt and pepper to your taste
8. Add half of the cheese to the egg mixture
9. Add the cooled meat and vegetables to the egg mixture
10. Stir ingredients together
11. Fill muffin tins with egg mixture to about  $\frac{3}{4}$  full
12. Add additional shredded cheese to the top of each
13. Bake for 18-20 minutes until egg is set
14. Remove eggs from muffin tin and top with your favorite optional garnishes



## **Chef Manfred Krug**

Chef Krug is a Saint Paul native who attended Humboldt High School, Saint Paul College, the Culinary Institute of America, and UW Stout.

Chef Krug worked at numerous restaurants, including the Park Hotel in Germany, before beginning his teaching career at Saint Paul College in 1986. He taught Culinary Arts at the college for 34 years.

He continues to teach classes for Cooks/Bellacour while enjoying retirement.

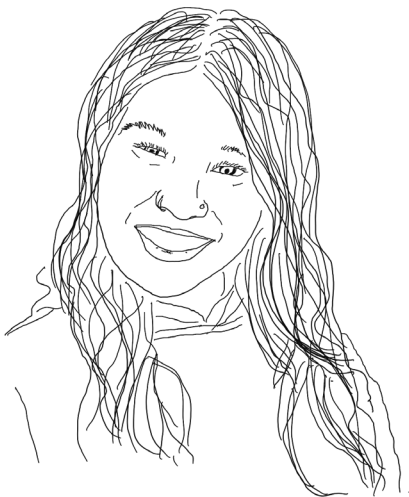
# NORAH'S GNOCCHI

## Ingredients:

- 3 cups of mashed-up sweet potatoes (approximately 1-2 sweet potatoes depending on size)
- ½ teaspoon of salt
- 2½ c of flour (and additional ½ cup for cutting board)

## Instructions:

1. Poke many holes in the sweet potato with a fork
2. Heat in the microwave for about 7-10 minutes (until extremely tender)
3. Wait for it to cool slightly, then cut open the potato and scoop all the cooked potato into a bowl
4. Mash with a fork or potato masher until there are no lumps
5. In a separate bowl, mix the flour and salt together
6. Once the potato is mashed and cooled, slowly add the flour little by little until a soft dough forms
7. At first, the dough will be very sticky. Add more flour as needed until you reach a dough that can be formed into a loose ball (the goal is to use as little flour as possible)
8. Transfer dough onto a well-floured surface
9. Portion dough into fist-sized balls and roll each into 1-inch-thick ropes
10. Cut the ropes into about ½ inch pieces
11. Boil the ½ inch pieces of gnocchi in boiling water until it floats (usually 1-3 minutes) then, scoop out
12. Transfer to a skillet and cook with your favorite sauce! A little olive oil, garlic, and rosemary taste delicious!



## Norah Harper Godderz

Norah Harper Godderz grew up in Saint Paul, graduated from Open World Learning and is now a public-school ELL teacher. She is passionate about young people, community, and equity. Norah has taught in a variety of settings, from the Twin Cities to Senegal to France. Through her travels, she has always found one thing exactly the same - we all just like to have a little fun! Norah enjoys cooking and has recently become vegan, always experimenting with new recipes. In her free time, Norah can be found mountain biking, learning a new language, or hanging out with her siblings.



# BLONG'S TAJIN CUCUMBER SALAD

## Ingredients:

- 2 English cucumbers, thinly sliced
- 10 cherry tomatoes, sliced in half
- 1 tbsp sesame oil
- 2 stalks green onion, thinly sliced
- ½ bundle cilantro, minced
- Juice of 1 lime
- Salt (to taste)
- Pepper (to taste)
- Tajín (to taste)
- Sesame seeds (for garnish)
- Fried onions (for garnish)

## Instructions:

1. Prepare all vegetables and cilantro as instructed in the ingredient list
2. In a large bowl, combine vegetables, cilantro, sesame oil, and lime juice
3. Toss ingredients to distribute the juice and oil
4. Add salt, pepper and tajín to your taste
5. Toss again
6. Garnish with sesame seeds and fried onions
7. Eat!



## Blong Vang

Chef Blong Vang graduated from City Academy High school and from Saint Paul College with a degree in Culinary Arts. He started his career in restaurants including Meritage, Blackdog Café, Union Kitchen and Carmelo's Ristorante.

Blong later joined the team at Youth Farm where he gained a passion for growing food and food justice. Blong teaches culinary skills, and the importance of knowing the source of your food, to youth in the cities. He hopes to bring the younger generations farther than he has reached and use their gifts for something positive.

# NOAH'S BANANA CHOCOLATE CHIP MUFFINS

## Ingredients:

- ½ c softened butter
- 1 c sugar
- 2 eggs
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tbsp milk
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp baking soda
- 2 c flour
- 3 ripe mashed bananas
- ½ c chocolate chips  
(dark or semi-sweet)

## Instructions:

1. Preheat oven to 425° degrees
2. In a medium bowl, combine butter, sugar, eggs, vanilla cinnamon and milk.
3. Add salt, baking powder, baking soda, and flour
4. Mash bananas in a separate bowl
5. Add bananas and chocolate chips to the batter  
(Do not over mix, you want some chunks of banana)
6. Grease your muffin tins with vegetable oil, butter or use paper liners
7. Pour the batter into the muffin tin  
Fill each cup about ¾ full
8. Bake for 14-16 minutes or until a toothpick inserted in the center of a muffin comes out clean
9. Once the muffins are done, remove from the oven and let them cool a few minutes
10. Enjoy warm or at room temperature!



## Noah

Noah is growing up in St. Paul's Lex Ham neighborhood. He lives with his mom, dad, and younger brother Kai. Noah loves trucks, soccer, fishing, and building with Legos. He likes swapping jokes and stories. He especially loves playing with his friends, neighbors, cousins and friends.

# DR. VANG'S HMONG SALAD

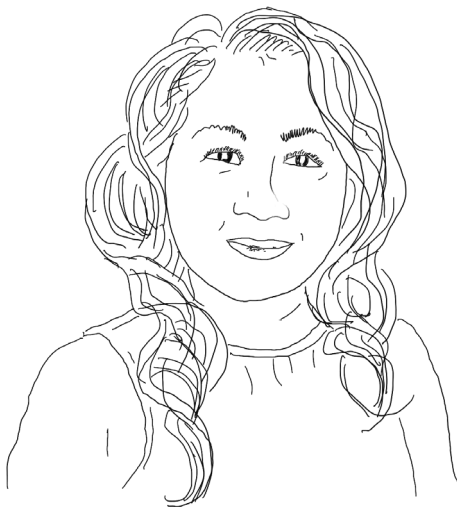
## Ingredients:

- 1 bunch of romaine lettuce
- 6 eggs
- $\frac{1}{3}$  c. olive oil
- $\frac{1}{3}$  c. lime juice
- 3 tbsp. fish sauce
- 1 tsp salt
- 2 tbsp fried garlic

(all seasoning ingredients can be found at any Asian grocery store)

## Instructions:

1. Wash, drain, and break the lettuce leaves into bite size pieces. Set aside.
2. Boil the eggs. Peel and separate the yolk. Cut the white pieces into bite size pieces and add it to the bowl of lettuce. In a separate small bowl, mash the yolk with a fork until it is a fine grainy texture.
3. Add the olive oil, lime juice, fish sauce, salt, and fried garlic into the egg yolk mixture. Mix thoroughly to make the salad dressing.
4. Add the salad dressing to the lettuce bowl. Toss the salad dressing until all the lettuce is covered with dressing.
5. Enjoy with a side of protein as desired. A juicy steak is a great pairing!



## Dr. Yeu Vang

Yeu Vang came to the United States from Laso when she was three years old. She had great aspirations to be highly educated and a role model for the Hmong community, especially the children. Dr. Vang is in her 26th year serving students and families with St. Paul Public Schools. Her journey started as a teacher at North End Elementary. In 2003, she became the first tenured Hmong principal in the Saint Paul and is currently serving at an Assistant Superintendent. She is a frequent guest speaker at local educational forums advocating for Hmong programs.

**Great work, Chef! Draw or write about your cooking below.**

**Who did you cook with?  
How did it feel to cook together?**

**What was your favorite recipe?  
What did you enjoy about making it?**

**Who is a person in your life you could  
ask for their special recipe?**

**What is your special recipe that you  
could share with your community?**

**We love hearing from you!**  
Let us know what you cooked or your ideas for  
our next community activity: [commed@spps.org](mailto:commed@spps.org)

**check out our programs: [commed.spps.org](https://commed.spps.org)**