MYSTERY RECIPE CHALLENGE

WEEK 1

*The mystery recipe has 10 ingredients, so you will be sent 2 every week.*

*If you plan to make the recipe, do try to gather the ingredients each week so you are READY!!*

**#1: EVOO= extra virgin olive oil**

**#2: one medium size yellow onion**

**EVOO** Extra virgin olive oil is made simply by crushing olives and extracting the juice. **It is the only cooking oil that is made without the use of chemicals and industrial refining.**  
It’s simply the juice of fresh, healthy olives which contains, more than any other grade, the health-promoting nutrients that olive oil is famous for.

ACTIVITY: do some research, find a video about the pressing of olives for olive oil

**ONION** There are at least 12 varieties of yellow onion. Some are sweeter than others

ACTIVITY; Find out the difference between yellow, red and white onions. The answers will help you make great choice to alter the flavor of a recipe

**You can email Coach K with your guesses!!**

[**lesliek@ix.netcom.com**](mailto:lesliek@ix.netcom.com)

**ENJOY THE WAIT.**