



Try it Tuesday:

Mango

Every Tuesday, we challenge you to try a new food! For each new food, there are three different activity levels. Each level gets harder as you go: Cook, Sous Chef, and Head Chef. Give it your best shot and be sure to share your picture on Facebook, Instagram, and Twitter. Tag @CHEFSanAntonio and we just might share your photo!

Cook Challenge:

Try Mango: you can buy fresh, frozen, and even dried mango at some grocery stores. Share a picture or video of you trying the food and challenge friends on Facebook, Instagram, or Twitter to do the same. Be sure to tag @CHEFSanAntonio!

Sous Chef Challenge:

Choose one of the CHEF recipes below and make it with your family! Share a photo of the recipe on Facebook, Instagram, or Twitter and tag @CHEFSanAntonio!

Mango Smoothie: <https://bit.ly/2zz2TDH>

Summer Mango Salsa: <https://bit.ly/35QWWhh>

Head Chef Challenge:

Create a recipe on your own using this week's new food, Mango. Share your recipe and photo on Facebook, Instagram, or Twitter and be sure to tag @CHEFSanAntonio for a chance to be our featured CHEF of the week!

chefs.org

@CHEFSanAntonio

