Recipe and Cooking Videos

The VA Nutrition and Food Service (NFS) Department and Healthy Teaching Kitchen (HTK) Program offer many recipes, videos, and classes. Click cookbook for link.

Recipes, Cookbooks, and Cooking Videos:

- Visit www.nutrition.va.gov/Recipes.asp for
  - Individual recipes, organized by category
  - Full cookbooks
    - Healthy Cooking at Home
    - One-Pot Meals
    - Cooking Around the World
    - Garden to Table
    - Cooking with Ease
  - YouTube search for VA HTK

Chicago VA Facebook:

- Visit www.facebook.com/VACHicago/ for live classes the 2nd Thursday of the month, 11am-12pm EST or recordings

Local HTK Classes:

- Many VAs offer in-person or virtual HTK classes. To learn about your local options, contact your NFS Department.
• **Budget Friendly Nutrition Handouts & Resources:**
  - www.nutrition.va.gov/Food_Insecurity.asp

• **Other .gov Recipe Searches:**
  - U.S. Department of Agriculture (USDA) www.nutrition.gov
  - MyPlate Kitchen www.myplate.gov/myplate-kitchen/recipes
  - National Institutes of Health (NIH) www.nih.gov search for recipe

Ask your Dietitian for more information.

**Dietitian Contact Information:** ________________________________