



# Virtual Sargent Choice Test Kitchen

Wednesdays, 8pm-11pmEST

Recipes will be available at <http://blogs.bu.edu/kjacobs/> prior to each week so you can make the recipe in your own home

Hosted by Karen Jacobs, Faculty-in-Residence

Join via Zoom:

<https://bostonu.zoom.us/j/7859316589>

Meeting ID: 785 931 6589

One tap mobile

**+16468769923,,7859316589# US (New York)**

9/9: Sweet and Savory Strawberry Pita Pizza and Simple Green Smoothie

9/16: Whole Wheat Zucchini Bread

9/23: Spicy Cucumber Avocado Soup with Whole Grain Croutons and Hummus

Guest: Olivia Weinstein

9/30: Vegetarian Whole Grain Nachos

10/7: Harvest Farro Bowl with Greens, Fig, and Goat Cheese

10/14: Vegan Corn Chowder

10/21: One Bowl Apple Crisp

10/28: Breakfast Hash with Brussels Sprouts and Sweet Potatoes

11/4: Creamy Pumpkin and Pea Pasta

11/11: Chickpea Shawarma Sandwich

11/18: Chia Seed Pudding Parfaits

12/2 Broccoli, Cheddar, and Brown Rice Cakes

If you have any questions, please reach out to Karen at 617 785-0294  
(mobile); [kjacobs@bu.edu](mailto:kjacobs@bu.edu)