

National Institutes of Health-Clinical Center
Science and Engineering Festival Expo 2012

Cooking to Create "MyPlate"

To learn more about the demonstration, visit: clinicalcenter.nih.gov/scienceexpo/index.html



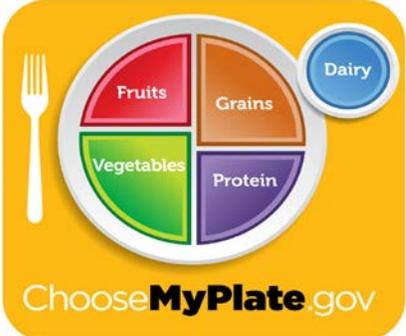
Grains-
Mediterranean-Style Quinoa

Dairy and Fruits-
Key Lime Parfait

Protein-
Pistachio Encrusted Salmon

Vegetables-
Wilted Rainbow Swiss Chard
with Caramelized Onions

**For more information
about the NIH Clinical
Center, go to:
clinicalcenter.nih.gov**



**Recipes (on back)
created by Certified
Executive Chef,
Robert Hedetniemi**