

## Cooking Videos:

These YouTube links are to videos of some quick to prepare menu items.

Greek Quesadilla

<http://www.youtube.com/watch?v=fHZugmKtCpM>

Pesto Potato Salad

<http://www.youtube.com/watch?v=YEeHii3n2oM>

Fall Harvest Salad

[http://www.danispies.com/archives/salads/fall\\_harvest\\_salad.php](http://www.danispies.com/archives/salads/fall_harvest_salad.php)

Zucchini Sausage Kebabs

[http://www.danispies.com/archives/meat/kalyns\\_zucchini\\_sausage\\_kebabs.php](http://www.danispies.com/archives/meat/kalyns_zucchini_sausage_kebabs.php)

Spinach and Turkey Meatballs over Whole Wheat Spaghetti

[http://www.danispies.com/archives/poultry/post\\_2.php](http://www.danispies.com/archives/poultry/post_2.php)

Tuna Pasta Salad

[http://www.danispies.com/archives/salads/kristis\\_favorite\\_tuna\\_pasta\\_sa.php](http://www.danispies.com/archives/salads/kristis_favorite_tuna_pasta_sa.php)

Penne with Spinach and Tomatoes

[http://www.danispies.com/archives/pastas/a\\_new\\_preview\\_of\\_quickbites\\_wi.php](http://www.danispies.com/archives/pastas/a_new_preview_of_quickbites_wi.php)

20 Minute Tomato Sauce

[http://www.danispies.com/archives/sauce/20\\_minute\\_tomato\\_sauce.php](http://www.danispies.com/archives/sauce/20_minute_tomato_sauce.php)

No Bake Apple Pie

[http://danispies.com/archives/dessert/no\\_bake\\_apple\\_pie\\_1.php](http://danispies.com/archives/dessert/no_bake_apple_pie_1.php)

YouTube can be a great source for cooking skill videos and great easy to prepare, inexpensive yet healthy food ideas.

However, don't spend too much of your study time watching videos!