

# Using a Recipe Framework

Have you ever seen a recipe that you wanted to try, but you didn't have one of the ingredients? Or maybe you didn't like one of the ingredients or spices? The great thing about using recipes as frameworks is that you can mix-and-match ingredients to fit your tastes and preferences. Below you can see some examples of meals made from recipe frameworks. The key is to choose foods from a variety of the different MyPlate food groups to create a balanced meal that is custom to you.

