



chick peas  
 corn (oil, corn syrup, etc.)  
 dried beans or peas  
 green beans  
 lentils  
 nuts (for those with allergies)

rice  
 sesame seeds  
 soy beans or soy products  
 sunflower seeds  
 tofu

NAME OF DISH: \_\_\_\_\_  
INGREDIENTS (check all that apply): \_\_\_\_\_

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