Recipe Name.				
Yield1		No. Servings.		Serving Size1
Ingredients			Amount	
Directions2				
No. Description.				

1. Yield, Serving Size and Amounts. Prefer ounces, pounds or grams.

2. Note any marinade not used, include straining, baking, with skin or without; be as descriptive as possible. Remember recipes are written based on what we purchase, not what we consume. In order to provide nutrition analysis, I enter what is supposed to be consumed. If you are frying French fries, the potatoes will only absorb a small amount of the total oil; estimate the amount of oil absorbed.