

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Mushroom Walnut Pesto Tart

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 4.5 /5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Yes ingredients were easy to find – decided against pastry, as I’m not a fan. I used the mushrooms from the detox soup.
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
<b>Preparation</b>	SCORE: 4/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Easy to prepare, although I didn’t like that I had to use many pans to cook mushrooms and onions, could just use one.
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 4.5/5
<i>Was the item fair in price?</i>	Very fair in price, only costly item were the walnuts, and could be subbed for a different nut base?
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
<b>Time</b>	SCORE: 5/5
<i>Did it take the amount of time indicated?</i>	Was not time consuming, and could make pesto ahead of time if worried about time.
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 3.5/5
<i>Did the end product look appealing?</i>	It smelled good for sure! Not sure how I felt about the overall look – could have used something like parsley or basil sprinkled on top for a contrast in colour
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 3/5
<i>How did finished recipe taste?</i>	There was no secondary person to test this recipe but I did find the pesto a bit bland, and could have used some zest. I put some sriracha on top which helped
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
<b>Texture</b>	SCORE: 3.5/5
<i>Was there a good amount of texture in the meal?</i>	Good overall texture, again could use a bit of crunch on top for contrast
<i>Were their competing elements that distract from the recipe?</i>	
<b>Satiety Level</b>	SCORE: 3/5
<i>Did I feel fulfilled at the end of the meal?</i>	Portions felt very small, especially for a high calorie portion size. I was not completely full after, and needed dessert right after!
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: /5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	There was 58.1% fat, 33% Carbohydrates and 8.8% protein in the meal – so a little over in fat and low in protein for daily recommendations. There were nuts in the recipe, but really you could make any flavor of pesto and it would taste nice. I would add rather than omit ingredients,
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	

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	the pesto wasn't very flavourful but again it sat well with the other ingredients (and over time)
<b>Longevity</b>	SCORE: /5
<i>Could this item be made into a leftover?</i>	This could definitely be made as a leftover – I kept in the fridge and I found it tasted even better the next day, and the third day even (don't be scared by it's initial sogginess – it hardens up in the oven). I didn't freeze but don't see why you couldn't!
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following (ie. keep in freezer?)</i>	
<b>OVERALL SCORE:</b>	/50

