

Food Sudoku

Just like Sudoku, except with foods instead of numbers! The goal is to fill in all the blank squares with the correct foods, keeping in mind 3 constraints you must follow:

- Every horizontal row must include all 9 foods in any order.
- Every vertical column must include all 9 foods in any order.
- Every 3 by 3 box of the 9 by 9 square must include all 9 foods in any order.

The words begin with the letters A-I to make it easier for you to check that all 9 have been placed correctly.

Please visit www.unco.edu/dining for the answer key.

Cashews		Edamame	Bok Choy	Indonesian Relish	Dolma	Fava Beans		Habanero Chiles
Indonesian Relish	Guava	Bok Choy	Fava Beans		Habanero Chiles	Acai Berry	Dolma	
Habanero Chiles		Dolma		Guava		Indonesian Relish		Cashews
Dolma	Cashews	Indonesian Relish	Edamame		Acai Berry	Habanero Chiles		Guava
		Habanero Chiles	Indonesian Relish		Guava	Bok Choy		Acai Berry
Acai Berry	Bok Choy		Habanero Chiles		Cashews	Dolma	Edamame	Indonesian Relish
Bok Choy	Indonesian Relish	Cashews	Guava	Habanero Chiles		Edamame		Dolma
			Dolma		Bok Choy		Indonesian Relish	Fava Beans
Edamame		Fava Beans	Cashews		Indonesian Relish	Guava		

- Acai Berry** - Grape-sized berry from the Amazon Rainforest of Brazil, very high in antioxidants.
- Bok Choy** - Member of the cabbage family. Good source of calcium and vitamins A and C.
- Cashews** - Bean shaped nut. Rich in monounsaturated fat which promotes heart health.
- Dolma** - A popular Middle Eastern dish of vegetables stuffed with rice, meat, or grains.
- Edamame** - Boiled green soybeans. Are a complete protein and high in antioxidants.
- Fava Beans** - Pale green beans with a buttery texture and nutty taste. High in fiber and iron.
- Guava** - Tropical fruit shaped like a pear. Contains more vitamin C than an orange.
- Habanero Chiles** - Small and very hot chile pepper. Many good properties for heart health.
- Indonesian Relish** - Relish made from salted yellow beans, often accompanies meats or rice.