

```

1 # Reading all files
2 breakfast_sample = sample(breakfasts, size = 1)
3 dinner_sample = sample(dinners, size = 3)
4 recipe1 = read_html(dinner_sample[1])
5 recipe2 = read_html(dinner_sample[2])
6 recipe3 = read_html(dinner_sample[3])
7 breakfast = read_html(breakfast_sample[1])
8
9 full_recipe = function(recipe){
10   #| echo: false
11   #| results: 'asis'
12   title = html_element(recipe, "h1") |> html_text()
13
14   ingredients.section = html_element(recipe, "#ingredients")
15   ingredients = html_elements(ingredients.section, "li")
16   instructions.section = html_element(recipe, "#instructions")
17   instructions = html_elements(instructions.section, "li")
18   image.element = html_element(recipe, (".figure-img"))
19   source_link = html_attr(image.element, "src")
20   image.url = paste("website/", source_link, sep = "")
21   formatted_list1 <- paste("-", html_text(ingredients))
22   formatted_list2 <- paste("1.", html_text(instructions))
23
24   cat("\n")
25   cat("\n")
26   cat("\n")
27   #cat(paste(''))
28   cat(paste('![', title, '](', image.url, '){width=50%}'))
29   cat("\n")
30   cat("\n")
31   cat("## Ingredients")
32   cat("\n")
33   cat("\n")
34   cat(formatted_list1, sep = "\n")
35   cat("\n")
36   cat("## Instructions")
37   cat("\n")
38   cat(formatted_list2, sep = "\n")
39 }

```

## 1 Ingredients

## 2 Recipe One

Figure 1: Latin Bowl (Serves 4)



### 2.1 Ingredients

- 1 lb chicken thighs or extra firm tofu
- 10 oz bag of frozen corn
- 1 cup brown rice
- 1/2 cup quinoa
- 1 can of black beans
- 1/2 cup shredded cheddar jack or Mexican cheese
- Cholula Cilantro Lime Cremosa Sauce
- 2 roma tomatoes
- 1 lime, quartered
- 0.5 oz fresh cilantro

### 2.2 Instructions

1. Add brown rice and quinoa to 3 cups of salted water, bring to a boil, reduce to simmer for 15-20 minutes. When done, mix in lime zest, juice from one lime wedge, salt and pepper.
2. Dice roma tomatoes, zest and quarter lime, and roughly chop the fresh cilantro.
3. Season chicken/tofu with salt and pepper. Cook chicken/tofu, transfer to cutting board, and cut into bite size pieces.
4. Drain and rinse black beans.
5. Cook corn and beans together in a frying pan. If you choose to microwave the corn, you can add beans to the rice-quinoa mix when it is almost done.
6. Add rice-quinoa mix into each bowl. Top with chicken, corn, beans, cheese, tomato, cilantro lime cremosa sauce, fresh cilantro, and a lime wedge.

### 3 Recipe Two

## 4 Recipe Three

## 5 Breakfast Recipe