

The L3 Agency



The L3 Cook Book

RECIPES AND TIPS
THAT FUEL US

Written by The L3 Staff

LARVETTA'S

SUMMER ARUGULA WATERMELON SALAD

PREP TIME

5 min

COOK TIME

5 min

SERVINGS

2 - 3

INGREDIENTS

Watermelon
Arugula
Feta cheese
Black pepper
Vinaigrette

WHO ARE YOU?

I am the founder and chief visionary of The L3 Agency.

WHAT INSPIRES YOU TO COOK?

I enjoy trying new recipes. Exploring different dishes fuels positive vibes, creativity and an emotional connection to myself and to those who are joining me.

FAVORITE SEASONING

Lemon

FAVORITE HOLIDAY

Thanksgiving

FAVORITE CHEFS

Chef Dave of Eat to Live, Chef Tiffany Williams of Exquisite Catering, Chef Cecilia Hamilton of Heartfelt Catering and Chef Zita of Zita Cooks.

All are Chicago chefs.



MIA'S

MANGO SMOOTHIE

PREP TIME

5 min

COOK TIME

5 min

SERVINGS

1 - 2

INGREDIENTS

1 Cup Frozen Mangos
1 Cup Tangerine Juice
1/2 Cup Unsweetened Almond Milk
1/4 Cup Coconut Milk Creamer
1 tsp Vanilla Extract

Blend together

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WHO ARE YOU?

Mia Hicks, Operations Consultant

WHAT INSPIRES YOU TO

Family and friends

FAVORITE SEASONING

Garlic powder and Garlic salt

FAVORITE HOLIDAY

Thanksgiving

FAVORITE CHEFS

My best friends who are amazing chefs!



KIN'S

LEMON CAKE MEDALLIONS

PREP TIME
15 min

COOK TIME
45 min

SERVINGS
5 - 8

INGREDIENTS

1/3 cup softened butter
1/2 cup sugar
2 lemons
1 egg
1 + 1/3 cups flour
1 tsp baking powder
1/4 tsp salt

DIRECTIONS

Combine sugar, butter & zest
Mix egg & lemon juice into combo
Scoop batter into baking pan
Freeze for 20 min

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WHO ARE YOU?

Kin Marie, Jr Art Director

WHAT INSPIRES YOU TO COOK?

Exploring how to expand my palette

FAVORITE SEASONING

I LOVE Adobo Sazon

FAVORITE HOLIDAY

Christmas

FAVORITE CHEFS

My mom



DION'S

FROSTED CAKE

PREP TIME
10 min

COOK TIME
25 min

SERVINGS
3 - 5

INGREDIENTS

Cake Mix
Butter, spray on
Water
Eggs
Oil

DIRECTIONS

Grease your pan
Preheat your oven to 350 degrees F
Bake for 20 - 25 minutes
Frost & Decorate

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WHO ARE YOU?

Dion Warr, the Account Coordinator

WHAT INSPIRES YOU TO COOK?

I love to learn something I can share it with friends

FAVORITE SEASONING

I enjoy lemon pepper.

FAVORITE HOLIDAY

Thanksgiving

FAVORITE CHEFS

I admire Tiffany from Exquisite.



NAEEMAH'S

HOMEMADE PIZZA

PREP TIME

15 min

COOK TIME

45 min

SERVINGS

5 - 8

INGREDIENTS

Spinach Wrap Tortilla
Tomato and Basil Red
Sauce
Mozzarella Cheese
1 Chicken Sausage roll
Spinach
Orenago

DIRECTIONS

Saute chicken sausage
in skillet
w/ olive oil for 8 minutes
Place two tbsp of sauce
on wrap
Add ingredients
Bake for 10 min
380 degrees F

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WHO ARE YOU?

Naeemah Malcome, Marketing &
Communications Intern

WHAT INSPIRES YOU TO COOK?

To spend time with family
members and friends.

FAVORITE SEASONING

Tony's Creole Seasoning

FAVORITE HOLIDAY

Christmas

FAVORITE CHEFS

Pat and Gina Neely



TRIZONNA'S

MEDITERRANEAN TUNA SALAD

PREP TIME

15 min

COOK TIME

5 min

SERVINGS

2 - 3

INGREDIENTS

2 cans Yellowfin Tuna or Albacore
Tuna, drained
1 cucumber, chopped
1/2 red onion, diced
1 cup roasted red peppers
1/2 cup pepperoncini, diced
1/3 cup parsley, finely chopped
Sundried tomatoes, chopped
2 tsp capers
Black or kalamata olives
1 can chickpeas, drained and
rinsed
Optional - Marinated Artichoke
hearts, chopped
Optional - 1/2 avocado, diced
Optional - Feta Cheese

Red Wine Vinagarete

2 tbsp olive oil
2 tbsp red wine vinegar
1 tsp lemon juice
1 tsp dried Italian herbs of
your choice
Pinch sea salt
Pinch of cracked,
black pepper

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WHO ARE YOU?

Trizonna McClendon - Video Producer

WHAT INSPIRES YOU TO COOK?

My family and friends inspire me
to cook. It's an expressions of love.
it relaxes me.

FAVORITE SEASONING

Braggs Organic Sprinkle 24
Herbs & Spices

FAVORITE HOLIDAY

Thanksgiving

FAVORITE CHEFS

My Aunt Lillian and TV chefs Ina Garten and Giada De Laurentiis.

