

30-Minutes, Healthy Meals

Fast Fare

Cooking Classes with Healthy Eating Coach Mary Collette Rogers

5 Classes

5 Great seasonal vegetables

5 Strategies for fast weeknight meals

5 New ideas for making mealtimes
manageable—and fun!

5 Tuesday Mornings: February 22 to March 22
10:30 a.m. to 12:00 p.m.

Erie Community Center

Fee: R\$95.00/NR \$119.00

Register: Online or at Guest Service (Class #7529.102)

Questions: 303.443.0353 EverydayGoodEating.com

Onsite Childcare Available for Parents



Cooking Classes + A Lot More:

- Time-conscious tricks to spark up everyday meals.
- Hands-on cooking class, followed by a light, tasting lunch
- Make new flavors and techniques: **Stir-Fry with Tangy Apricot Sauce**, **Mashed Potato Cabbage Rolls**, **Polenta and Savory Slow Cooker White Beans**, **Japanese Miso Bowls**, **Spaghetti Squash Ole**.
- Experience the Good Taste of Good-for-You Food
- Gluten-Free, Vegetarian Option

Every Day Good Eating
edge

Mary Collette Rogers, a healthy cooking instructor for 20 years, has long been fascinated by how to help busy people make nourishing and nurturing meals. Her book, *Take Control of Your Kitchen*, is filled with action-oriented strategies for changing kitchen habits and making the meals of your dreams.



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