

this spring:  
Be New in the Kitchen—and Healthy, Too



## The Live Healthy Cooking Series

- 🌀 New Healthy Recipes
- 🌀 New Spices, Flavors, Seasonings
- 🌀 New Vegetables
- 🌀 New Ways to Cook
- 🌀 New Ideas to Break Time and Energy Barriers
- 🌀 New KitchenSmart Ways to Get Organized
- 🌀 New Ways to Have Fun in the Kitchen

### 5 Great Classes combine Healthy Cooking Instruction with Kitchen Fundamentals

#### Winter into Spring, Seasonal Meals:

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|---------|---|
| Class 1 | End of Winter Cabbage Rolls, 2 Ways: Hearty Potato + Spaghetti Style        |
| Class 2 | End of Winter: Moist and Tasty White Fish + Sparkling Snap Peas and Carrots |
| Class 3 | Into Spring: Lemon Garlic Pasta with Shrimp Roasted Asparagus               |
| Class 4 | Spring Foods: Easy Asparagus Souffle, Healthy Chocolate and Fruit Dessert   |
| Class 5 | Thai Turkey Patties over Spinach<br>Easy Sweet Potato Side                  |

### The Live Healthy Cooking Series

5 Thursdays, April 7 to May 5  
5:30 to 7:30 p.m.

Erie Community Center Kitchen  
5-Week Session: R \$115 / NR \$145  
Registration fee includes free copy of  
*Take Control of Your Kitchen*

Register [www.eriecommunitycenter.com](http://www.eriecommunitycenter.com)  
Class # 7523.104

More Information: [EveryDayGoodEating.com](http://EveryDayGoodEating.com)  
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