

Healthy + Delicious Cooking

Ready for a New Approach to Cooking?

6 Action-Packed Sessions For less than \$20 a week:

- Learn a new basic building block skill for healthy cooking
- Discover a pre-cooking strategy for guaranteed success
 - Experiment with a seasonal recipe + easy variations
 - Taste new, healthy flavors you're sure to love



May 26	Recipe Spinach with Raisins and Pine Nuts + Easy Variations Cooking Basics Sauteing and Wilting Pre-Cooking Strategy <i>"Failure to Plan Is Planning to Fail"</i> 3 simple planning tricks for guaranteed cooking success
June 2	Recipe White Fish Tostadas with Sweet Onions & Asparagus Cooking Basics Stir Frying and Fish Cooking Pre-Cooking Strategy <i>"I'm so tired of having the same things for dinner!"</i> How to put the spark back into meal making
June 9	Recipe Cream of Asparagus Soup Cooking Basics Waste Not Want Not Cooking Pre-Cooking Strategy <i>Kitchens on the Green Frontline</i> Cooking and eating offer dozens of easy opportunities to build not only healthy people but a healthy planet, too
June 16	Recipe Strawberry Spinach Rolls-Ups Cooking Basics Wrapping, Rolling and Seasonal Cooking Pre-Cooking Strategy <i>"Marketing-Wise" at the Grocery Store</i> Why healthy shoppers have to be smarter than the marketers on Madison Avenue
June 23	Recipe Creamy Spinach Indian or French Style Cooking Basics Using Spices and the Six Tastes Pre-Cooking Strategy <i>How Friendly Is Your Kitchen?</i> Turn the kitchen into a supportive ally for your healthy eating journey
June 30	Recipe Sugar Snap Stir-Fry with Black Bean Sauce, Brown Rice Cooking Basics Using Whole Grains and Ready-Made Sauces Pre-Cooking Strategy <i>The Kitchen Beatitudes</i> 6 Mind Shifts that turn meal making into meaningful, manageable and rewarding activity

Wednesdays
6:00 to 7:30 p.m.

Erie Community Center
450 Powers Street

All 6 sessions: \$115 residents
\$145 non-residents
Registration fee includes free copy of
Take Control of Your Kitchen

Register
www.eriecommunitycenter.com
Class # 7523.206
Class Limited to 12 Participants

More Information:
EverydayGoodEating.com