

The Whole Kitchen Way® to Wholesome Cooking



*"This was just the class I was looking for!"
Karen, mother of 2*

6 Cooking Classes . . .

- Aug 11** Using Up Zucchini: 3 Easy Ways to Cook; 5 Ways to Add Pizzazz
- Aug 18** Chicken Tarragon Salad + Summer Vegetables with Fresh Herbs
- Aug 25** Healthy, Greek Style Potato Salad for Labor Day Picnics
- Sept 1** Dressed Up Tuna Salad with Capers Vinaigrette
- Sept 8** Easy One-Dish Pasta Meals for Good Everyday Eating
- Sept 15** Zucchini & Cauliflower Gratin + Corn Quesadillas

+ A Whole Lot More . . .

- Boredom beating strategies ● Building-block basics for healthy-weight cooking
- New ways to view & value the kitchen ● Save the planet while cooking dinner
- Time savers and stress reducers ● Money savers and shopping tips
- New flavors and tastes for mealtime fun ● Seasonal, local cooking
- Cool tools and equipment guidance ● What to put in the pantry
- Whole grain wholesomeness ● Vegetables for everyone!
- Healthy eating, de-mystified and simplified ● Joyfully good food

Because There's More to Cooking than Just Cooking

Drawing on over 20 years in the healthy eating business, Kitchen Coach Mary Collette Rogers has developed an integrated, holistic approach to everyday, wholesome meal making. Through her rich, multidimensional Whole Kitchen Way®, participants learn to create a friendly, nurturing kitchen environment that supports easy and healthful everyday meal making. Founder of Everyday Good Eating and Vegetable A Month, longtime cooking instructor and speaker, and author of [Take Control of Your Kitchen](#), the guide to creating a friendly kitchen for manageable and enjoyable meal making.



Wednesdays
5:30 to 7:30 p.m.

Mountain High Appliance Center
1130 Pine St, Louisville, CO 80027

All 6 Sessions: \$20/session +
\$5/session food & materials fee
(includes free copy of
Take Control of Your Kitchen)

Single Sessions: \$30/session +
\$5/session food & materials fee

Register & More Information:
EverydayGoodEating.com
303.443.0353



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