

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
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
Class # 7523.104

More Information: EveryDayGoodEating.com
303.443.0353