



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

Wholesome Cooking Classes + A Whole Lot More

Join Kitchen Coach **Mary Collette Rogers**
Discover the Whole Kitchen Way to easy, healthful meals

6 Cooking Classes

- Sept 29** Vegetables on the Sly: Healthy Hamburgers + Mexican Rice
- Oct 6** Cooking Under the Gun: Pepper and Eggplant Saute Variations to Fit Every Schedule
- Oct 13** The Magic of Curry for Quick Pizzazz: Indian Braised Cauliflower, Carrots and Chickpeas
- Oct 20** One Dish, Many Ways: Chicken and Chard Pasta with Sun-Dried Tomato Pesto
- Oct 27** 2-for-1 Cooking: Orange Ginger Beef Stir Fry ⇨ Thai Lettuce Wraps
- Nov 3** Finger Food Fun: Sweet Peanut Sauce with Quick Prep Dippers

+ A Whole Lot More

- Ways to beat mealtime boredom ● New flavors & tastes
- Healthy-weight cooking ● Help for busy parents ● Tricks for picky eaters
- Time savers, stress reducers ● Money savers ● Shopping tips
- Seasonal, local cooking ● Easy ways to cook green
- Learn to saute, stir-fry, braise; create scrumptious meals in a skillet
- Cool tools and equipment guidance ● Pantry stocking for cooking fun
- Whole grain wholesomeness ● Vegetables for everyone!
- Healthy eating 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. Mary is the 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.

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

Register
www.eriecommunitycenter.com
Class # 7523.309
Class Limited to 12 Participants

More Information:
EverydayGoodEating.com
303.443.0353

Erie Community Center
450 Powers Street



Vegetables of Autumn