

Seasonal Cooking Classes + A Whole Lot More

with Kitchen Coach **Mary Collette Rogers**



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

Everyday Cooking with the Autumn Harvest

- Class 1** Butternut Squash: Roasted in Soups, Salads and Pasta
- Class 2** Brussels Sprouts: Braised with Apples and Leeks; Healthy Meatloaf with Apricot Mustard Glaze
- Class 3** Kale: Frittata with Sausage and Baked Tomatoes
- Class 4** Thanksgiving Squash: Hazelnut-Topped Winter Squash au Gratin
- Class 5** Holiday Sides with Roasted Garlic: Green Beans and Mushrooms, Garlic Glazed Potatoes, Shrimp Appetizers
- Class 6** Parsnips: Roasted with Pears in Kale Salad; Spiced Nuts

+ A Whole Lot More

- Mealtime boredom-busters ● New flavors & tastes
- Healthy-weight cooking ● Tricks for picky eaters
- Time savers, stress reducers ● Money savers ● Shopping tips
- Seasonal, local cooking ● Easy ways to cook green
- Building block cooking techniques for wintertime oven cooking
- Cool tools and equipment guidance ● Pantry stocking for cooking fun
- Whole grain wholesomeness ● Vegetables for everyone!
- Joyfully healthful 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, a 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.

Thursdays (except Thanksgiving),
Oct 21 - Dec 2
5:30 to 7:30 p.m.

Cure Organic Farm Store & Kitchen
Corner of 75th and Valmont

All 6 Classes: \$150
(\$25/class; includes food & materials and
copy of *Take Control of Your Kitchen*)

Single Sessions: \$35/session

Register & More Information:
EverydayGoodEating.com
303.443.0353

Cooking with the Late Autumn Vegetables