

# 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



<b>May 26</b>	<b>Recipe</b> Spinach with Raisins and Pine Nuts + Easy Variations <b>Cooking Basics</b> Sauteing and Wilting <b>Pre-Cooking Strategy</b> <i>"Failure to Plan Is Planning to Fail"</i> 3 simple planning tricks for guaranteed cooking success
<b>June 2</b>	<b>Recipe</b> White Fish Tostadas with Sweet Onions & Asparagus <b>Cooking Basics</b> Stir Frying and Fish Cooking <b>Pre-Cooking Strategy</b> <i>"I'm so tired of having the same things for dinner!"</i> How to put the spark back into meal making
<b>June 9</b>	<b>Recipe</b> Cream of Asparagus Soup <b>Cooking Basics</b> Waste Not Want Not Cooking <b>Pre-Cooking Strategy</b> <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
<b>June 16</b>	<b>Recipe</b> Strawberry Spinach Rolls-Ups <b>Cooking Basics</b> Wrapping, Rolling and Seasonal Cooking <b>Pre-Cooking Strategy</b> <i>"Marketing-Wise" at the Grocery Store</i> Why healthy shoppers have to be smarter than the marketers on Madison Avenue
<b>June 23</b>	<b>Recipe</b> Creamy Spinach Indian or French Style <b>Cooking Basics</b> Using Spices and the Six Tastes <b>Pre-Cooking Strategy</b> <i>How Friendly Is Your Kitchen?</i> Turn the kitchen into a supportive ally for your healthy eating journey
<b>June 30</b>	<b>Recipe</b> Sugar Snap Stir-Fry with Black Bean Sauce, Brown Rice <b>Cooking Basics</b> Using Whole Grains and Ready-Made Sauces <b>Pre-Cooking Strategy</b> <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](http://www.eriecommunitycenter.com)  
Class # 7523.206  
Class Limited to 12 Participants

More Information:  
[EverydayGoodEating.com](http://EverydayGoodEating.com)