



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEACHING HEALTHY LIVING

## YMCA MOBILE KITCHEN CLASSES YMCA OF CATAWBA VALLEY



The Mobile Kitchen offers hands-on, affordable cooking classes for individuals and groups. Participants will prepare and enjoy a heart-healthy main course with an appropriate side dish and take home the recipe they used for their family to enjoy.

Participants work with common appliances and basic cooking tools that are typically used in a standard home kitchen. Each class will include nutritional information, basic food safety and sanitation overviews, recipes and the preparation of a meal. Available for camps, corporate and community settings. Examples of recipes include:

- Szechuan Chicken Stir Fry and Brown rice with fresh cilantro
- Quick Chicken Fajitas with homemade mango salsa
- Roasted Potato, Carrot and Chickpea Soup; Cinnamon Sugar Glazed Root Vegetables
- Tailgate Chili and Asian Cole Slaw

**CONTACT:** Lala Kozischek (828.578.6995 / [lalak@ymcacv.org](mailto:lalak@ymcacv.org))

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