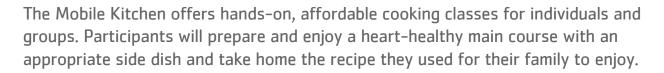




## TEACHING HEALTHY LIVING





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

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